



## CARE FOLLOWING EXTRACTIONS

### BLEEDING

**Leave gauze in mouth under gentle pressure for 30 minutes.** Some bleeding and oozing from site is normal for 24 hours. If bleeding persists place gauze directly over extraction site and hold for 30 additional minutes. For the next 48 hours:

- NO - vigorous rinsing**
- Smoking**
- drinking through a straw**
- spitting**
- Strenuous exercise**

SWELLING- Some swelling may occur in the first 2 days. Apply ice to face for 10 minutes on and 10 minutes off for first 2 hours following surgery.

FOOD- Eat a nourishing but **soft, cold diet**. Avoid hot liquids and foods.  
Try to avoid extraction sites. Increase diet to normal as tolerated.

CLEANING AREA- Brush gently in the area as a clean mouth heals quicker. **Gently** rinse with saltwater starting the day following surgery 3-4 times daily (1/2 tsp. to 8 oz. of water).

REST- Lie down and relax today keeping your head elevated with 2-3 pillows.

MEDICATION- Unless contraindicated or refused you have been given an initial dosage of pain medications. We suggest that you continue with pain medications as follows:

600 mg of Ibuprofen (3-200mg tablets) every 6 hours for the next 36-48 hours **or**  
500-1000 mg of Acetaminophen (1-2 tablets) every 6 hours for the next 36-48 hours.

Uncontrolled pain can take **alternating** dosages of 600 mg ibuprofen and 1000 mg acetaminophen every 3 hours.

\*Maximum adult daily dosages - Ibuprofen= 3200 mg; Acetaminophen= 4000mg

Take all other medications and any prescriptions given here as prescribed.

### WHAT TO EXPECT FOLLOWING SURGERY

-Pain--Take medications before numbness wears off and expect soreness for several days following

-Numbness--Will wear off in 3-8 hours but if numbness persists past 24 hours contact office ASAP

-Sharp Edge--There may be small edges of thin bone around tooth that will work their way out over 1-2 weeks

-Bruising--Sore lips and cheeks, occasionally yellow to blue bruising may occur on face, this is normal. If cracks in corners of mouth appear—Apply Neosporin or Bacitracin

-Jaw stiffness-Difficult to open

**If you have ANY questions or concerns call 569-0530**