

## Post Op Instructions for Extractions

After an extraction, it is important for a blood clot to form to stop bleeding and begin the healing process. That is why we ask you to bite on a gauze pad for 15 to 20 minutes after an extraction. If bleeding continues after you remove the gauze, place another gauze pad on the area and bite firmly for another 30 minutes. You may need to do this several times. You could also bite on a wet tea bag to help the clotting.

After a blood clot has formed, it is important to protect it, especially for the next 24 hours.

### **It is important to NOT:**

- **Smoke**
- **Suck through a straw**
- **Rinse your mouth vigorously.**
- **Clean the teeth next to the extraction site.**

Limit yourself to calm activities for the first 24 hours. After the tooth is extracted, you may feel some pain and have some swelling. You can use an ice bag (20 mins on/20 mins off) to keep the swelling to a minimum. The swelling usually starts to go down after 48 hours.

To control discomfort, take pain medication as recommended and use the socket gel as needed (if given). **DO NOT** take medication on an empty stomach or you may feel nauseated. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

### **It is important to:**

- **Drink plenty of fluids (preferably water)**
- **Eat only soft, nutritious foods on the day of the extraction.**
- **DO NOT drink alcoholic beverages.**
- **Avoid hot and spicy foods.**

You can begin normally eating the next day or as soon as it is comfortable for you. Gently rinse your mouth with warm saltwater three times daily and after meals. This will keep food out of the extraction site.

It is very important to resume your normal dental routine after 24 hours. This should include brushing your teeth, brushing your tongue, and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh.

**EXTRACTIONS WITH BONE GRAFT: If you had a bone graft with your extraction, DO NOT IRRIGATE SOCKET.** Doing so could cause the bone graft to fail. When rinsing, do NOT swish too vigorously. Let rinse drool out gently.

**Call the office should you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to medication.**

## Food Suggestions After Surgery

### Drinks (NO STRAWS)

- Water
- Juice (NO PULP)
- Ice Chips
- Smoothies/Protein Shakes/Milkshakes (NO SEEDS)

### Foods

- Jell-O
- Pudding
- Scrambled Eggs
- Yogurt
- Ice Cream
- Cream of Wheat/Oatmeal
- Soups
- Mashed Potatoes
- Fish
- Pasta
- Pancakes
- Cottage Cheese
- Applesauce

**When numbness is gone, add soft foods and increase diet as tolerated.**

### **Additional Information**

- **If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with Vaseline.**
- **Sore throats with pain when swallowing is not uncommon. The muscles get swollen, and the normal act of swallowing can become painful. This will typically subside in 2 to 3 days.**
- **Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days. DO NOT FORCE YOUR MOUTH OPEN. Massage the muscles and apply moist heat.**
- **Your case is individual as no two mouths are alike. Please do not hesitate to reach out with any concerns or questions. We are here to help you through this process.**