



POST-OPERATIVE INSTRUCTIONS AFTER TOOTH EXTRACTION

BLEEDING: Remove the gauze 30 minutes following treatment. Change the gauze pad approximately every 30 minutes or when soaked, for 2 hours or until bleeding has stopped. Bleeding is normal for 24 hours. If bleeding does not stop, place a folded sterile gauze pad or a moistened tea bag over the bleeding area and bite down firmly for one hour.

For 3 days- avoid vigorous rinsing or spitting/swishing, drinking through straws, hot, hard, or spicy foods, carbonated drinks, and hard alcoholic beverages.

PAIN: Tenderness and swelling is normal for up to 7 days following an extraction. If pain is minimal take Advil (ibuprofen) or any NON-aspirin pain reliever. Treat pain EARLY, do not wait until symptoms become intense. If pain is intense after 3 days, call the office.

SWELLING: Swelling that is normally expected after oral surgery can be minimized by immediate application of an ice pack. Place the ice pack on your face and alternate with 20 minutes on and 20 minutes off. Do this for the first 24hrs, thereafter apply a moist heat pack as desired.

DIET: Do your best not to eat until the numbness subsides. **Eat light, soft foods such as eggs, cereal, mashed potatoes, pasta, protein shakes, and drink plenty of liquids so that you will be nourished.** For the first 3 days chew on the opposite side of the extraction and avoid hard, crunchy foods, hard alcohol, carbonated drinks, spicy and hot foods.

NO SMOKING: For at least 48 hours. Smoking inhibits healing and aggravates bleeding.

GENERAL HEALING: Limit strenuous activity for 24 hours. Do not be alarmed if a yellowish-blue- black discoloration appears on your face after surgery. It may take a week or more to fade away. If you develop a sore throat, gargle with warm salty water. Your other teeth may ache for a few days. Loose pieces of bone occasionally work their way through the gums. This may be uncomfortable and you should call the office.

RINSING AND ORAL HYGIENE: **No vigorous rinsing for the first 3 days.** Brush and floss your teeth in the usual manner being careful around extraction sites. The first 3 days following surgery, rinse gently, allowing the water to fall out of your mouth.

FEMALE PATIENTS ON BIRTH CONTROL PILLS: Birth control medications can be inactivated while you are taking antibiotics. Please be advised that you will need alternative means of birth control while taking these medications.

PLEASE CALL OUR OFFICE (815) 895-2298 IF YOU ARE IN DOUBT ABOUT ANYTHING OR DEVELOP ANY COMPLICATIONS SUCH AS SEVERE PAIN, PERSISTENT FEVER, OR UNCONTROLLED BLEEDING. WE WANT TO TAKE CARE OF YOU.