

CARE OF THE MOUTH FOLLOWING ANY EXTRACTION(S)

1. Continue to bite firmly on the gauze. After 30 min. change the gauze and bite firmly for another 30 min. Do not use gauze after the numbness has worn off or for more than 3 hours total, as this will disturb the blood clot. In order to stabilize the clot and facilitate healing, do not smoke, swish, spit, or drink through a straw for at least 3-5 days. You may need to schedule an appointment in one week to remove stitches.
2. Avoid strenuous activity and get plenty of rest during the first two days after surgery. Consider sleeping on two pillows to elevate your head and cover the pillowcase with an old towel.
3. Keep tongue and fingers away from the site of extraction, but brush and floss the teeth adjacent to the extraction site thoroughly each morning and night to decrease the risk of infection.
4. On the day after surgery, a light rinse with warm salt water (1/2 teaspoon salt to 8 oz. water) will help freshen the mouth after each meal.
5. For pain, take any aspirin-free pain relief medication (*e.g.* Advil® or Tylenol®) or the medication prescribed, as directed.
6. Maintain a liquid diet after extractions. Progress to soft food the next day, and slowly progress toward normal diet after that. Remember to increase your fluid intake while the healing process is occurring.

FOR SURGICAL OR MULTIPLE EXTRACTIONS:

Apply an ice pack (ice in a “zip-lock” bag wrapped in a towel will do nicely) to the face over the surgical site for 10-15 minute intervals (15 minutes on, 15 minutes off) to decrease swelling and prevent frostbite, during the first 4-6 hours following surgery.

WHAT TO EXPECT AFTER EXTRACTIONS:

1. Pain, bruising, mild swelling, and some bleeding is normal and to be expected. Mild oozing of blood from the extraction site may occur for several days. In most cases, excessive fluid in the mouth after surgery is usually a combination of mostly unswallowed saliva and blood, and is of little concern. Questionable bleeding should, however, be brought to the attention of the doctor as soon as possible.
2. Some difficulty chewing is to be expected as it is not uncommon for patients to clench their teeth for prolonged periods after surgery in the mouth. Allow the muscles to stretch gradually over several days. After the first day, use moist heat to soothe the area(s) of soreness.
3. The proper care following oral surgery will hasten recovery and help to prevent complications. Any significant swelling, pain, or other unexplained symptoms which occur should be brought to the attention of the doctor. Please do not hesitate to call.

Thank you for the opportunity to provide for your care.