

Post-Operative Instructions for Extractions

(See **diet** instructions on back page)

Extraction wounds have the potential to heal quickly and without complications. A blood clot will form in the socket and serve as the foundation for healing. Disturbing the blood clot will slow down healing and may setup a painful condition called **Dry Socket**.

If you have sutures they will begin to dissolve and fall out after 7-10 days.

Bleeding:

A certain amount of bleeding can be expected following surgery. Oozing from the surgical site is not unusual for the first 24-48 hours.

- Bleeding is controlled by applying pressure to the surgical site with moist gauze for 60-90 minutes following surgery.
- If bleeding persists, a moist tea bag should be held firmly on top of the area of bleeding for 60 minutes straight.
- If bleeding continues call the office/on-call dentist for further instructions or go to the emergency room.

Medications:

- If you are prescribed medication for discomfort begin taking this medication before the numbness wears off, pain is better controlled this way.
- If a prescription for discomfort is not given, you may take:
 - Ibuprofen (Motrin, Advil etc..) up to 800mg every 6 hours. Take with food to prevent gastrointestinal irritation.
 - Acetaminophen (Tylenol) 500-1000mg every 4 hours.
 - These two medications may be staggered for better control. Do not take Ibuprofen and Acetaminophen at the same time.
 - **Do not take Aspirin or Ibuprofen if you are on blood thinners.**
 - **Do not take Ibuprofen if you have stomach ulcers.**
- If you are prescribed a antibiotic, follow the directions and make sure to keep taking the pills until they are all gone.
 - Take the antibiotics with food. Eat plenty of yogurt or take a probiotic supplement to prevent gastrointestinal upset.

DO:

- **Ice** area for the rest of the day and up to 24 hours following surgery.
 - Place barrier such as wash cloth and apply – 20 minutes on / 20 minutes off.
 - This will reduce swelling, control pain and bleeding.
- **Heat**
 - You may apply heat 24 hours after surgery. Do not apply heat within the first 24 hours.
- **Hydrate** – drink plenty of water. Do not use straw.
- **Elevate** your head for the first few nights –prop yourself up with pillows.
 - Lying flat will cause swelling and pain.
- Cover your pillow with a towel in case of bleeding / oozing

DO NOT:

- **Do not touch!** Keep fingers and tongue away from surgical site.
- Do not smoke for one week following surgery (This will cause a dry socket).
- Do not drink with a straw for one week (Creating suction in your mouth will pull the clot out of the socket).
- No vigorous activity for one week (jogging, swimming, lifting heavy objects, sports etc...)
- Do not brush teeth for 24 hours following surgery.

Oral Hygiene

- Good oral hygiene is essential to good healing.
- Begin brushing teeth and tongue with wet toothbrush (No toothpaste) 24 hours after surgery. **Stay away from surgical site!**
 - Resume your regular tooth brushing on day three (you may use toothpaste), but still avoid disturbing surgical site.
- Begin warm salt water rinses 24 hours after surgery (1/2 tsp in 8 oz warm water).
 - **Gently** rinse 4-5 times a day after meals and snacks. Do not vigorously swish.

If you have any question or concerns, please feel free to call the office (719) 481-4949

Diet Instructions

Eating might seem like the last thing on your mind after dental surgery, but it is still important to nourish your body.

Warning: For two weeks after surgery do not eat or drink the following:

- Spicy foods
- Acidic juices (Orange, grapefruit etc...)
- Chips
- Popcorn
- Carbonated drinks

Below is a very good guide for your diet following surgery

- Please do not advance your diet faster than the examples below.
- You do not need to advance your diet as fast as the examples below, feel free to go as slow as you feel necessary.

The first 24 hours (After bleeding has stopped): Cold foods nothing hot or warm. **Do not use a straw for one week!**

- Fruit smoothies
- Applesauce
- Jello/puddings
- Yogurt
- Cold broth
- Cold nutritional supplement drinks (Ensure, Carnation Instant Breakfast, Slim-fast, etc...)
- **Water** – Drink plenty of water to stay hydrated

24-48 hours following surgery: You may add warm soups/broth to your diet.

- Potato soup (Potato chunks need to be mashed)
- Tomato soup
- Broth

Days 3-5 following surgery: You may start adding soft foods.

- Oatmeal
- Scrambled eggs
- Pancakes
- Soft bread/rolls
- Mashed and baked potatoes (sorry, no bacon bits on you potato)
- Cream soups and chowders
- Pasta
- Fish – steamed or baked (no crust or breading)
- Cheese
- Meatloaf

Days 6-14 following surgery: You may add the following foods to your diet.

- Chicken – Cut into small pieces
- Breaded or crusted fish
- Lasagna

Days 15 and Beyond: Congratulations! You made it.

You may now resume a normal diet, but be careful not to disturb any residual swelling that might be present at the surgical site.



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