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## **Post Oral Surgery Care & Instructions**

Dental extractions are surgical procedures. Pain, swelling, and bruising occur normally with all procedures of this type. The symptoms begin within the first 4-6 hours following the surgery then peak at 3 days and then start to decrease. The actual amount of pain and swelling is unpredictable but usually is of a moderate nature. It is very important to take care of your surgical site so that you will have the best chance of healing rapidly and completely. To assist you in your recovery, we are providing you with the following written instructions.

1. **Follow these guidelines in the first 48 hours to prevent a dry socket.** (Premature loss of blood clot)
  - a. **DO NOT** spit. Lean over sink and let content fall out naturally, wipe excess with a towel.
  - b. **DO NOT** drink with a straw.
  - c. **DO NOT** drink alcohol.
  - d. **DO NOT** smoke or chew tobacco.
  - e. **DO NOT** eat hard candy or crunchy foods.
2. After 24 hours, rinse your mouth out GENTLY every 3 to 4 hours, especially after meals, with warm salt water. (Use 1/4 teaspoon to 1 cup warm water.) Continue rinsing with the warm salt water for 7 days.
3. Following the extraction, some bleeding is normal. Use the gauze as directed to keep pressure on the area for the next hour. Please note that the area will continue to ooze and this is a normal part of the healing process. If excessive dark red bleeding occurs, run a tea bag under ice cold water, place it on the extraction site and bite with firm pressure for 30 minutes. Do not apply additional gauze.
4. You may have some discomfort after the extraction. If you are able, take 2-200mg Advil or Ibuprofen every 6 hours for the next 24 hours post-op. If necessary, you may take 3-200mg Advil or Ibuprofen every 4 hours for moderate pain. If pain is severe, the doctor will prescribe a stronger pain medication. Do not drive or consume alcohol while taking such a medication.
5. In very rare occasions, you may notice or feel a fragment working its way up through the extraction site. This situation is rare, but normal, so do not be alarmed. These fragments are not roots but tiny particles of bone. If annoying or uncomfortable, return to our office for their simple removal.
6. Stitches may fall out during the healing process. If stitches become irritating, call the office to come in. Do not attempt to remove them yourself.

**Most importantly should you have any problems or questions related to your surgical procedure, do not hesitate to call the office. If the office is closed, you can reach Dr. Mohn's answering service and they will contact Dr. Mohn right away. Your call will be handled as soon as possible.**