



Gregory S. Brya, DDS, PLLC

Cosmetic & Family Dentistry

TOOTH EXTRACTION POSTOPERATIVE INSTRUCTIONS

If you have any questions, concerns or problems after the extraction, please call ph:517-381-8181

- during business hours
- after hours, The On-Call Dentist for the office: Press #1

Immediately FOLLOWING EXTRACTION, DO NOT:

- -Spit (4 days minimum)
- -Suck through a STRAW (4 days minimum)
- -Rinse mouth vigorously for 24 hours
- -Strenuous activity for 24 hours
- -Smoke (4 days minimum)

Keep firm pressure on extraction site for 30 to 45 minutes by biting on moist gauze.

RINSING: The day after the extraction, start warm saltwater rinses 3-4 times per day, especially after meals, to expedite the healing process (1/2 teaspoon salt in a 8oz. glass of water.)

ANESTHETIC: While your mouth is numb, be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

BLEEDING: If bleeding occurs, moisten a clean piece of gauze, fold thick enough to bite on and place it directly over the extraction site. A slight amount of blood may leak at the extraction site until a clot forms. However, if heavy bleeding continues, call Dr. Brya. (Remember, though, that a lot of saliva and a little blood can look like a lot of bleeding.)

SWELLING: You may notice some swelling. You can help reduce swelling and pain by applying cold compresses to the face. An ice bag, cold beverage can or cold moist cloth can be changed periodically. Change cold compresses on and off every 30 minutes.

ORAL HYGIENE: Brush and floss as normal being extra careful around the extraction area.

DIET: Soft, light foods for 2 days after the extraction. Drink plenty of water. Avoid carbonated or hot beverages. Chewing should be away from the extraction site.

MEDICATIONS:

- ___ -Adult Pain Relief: Over The Counter (OTC)
 - ___ **Advil, Motrin, Ibuprofen**—200 mg tabs X 3 tabs = **600 mg** every 4-6 hours as needed for pain
 - ___ **Aleve**—**250 mg** tab every 12 hours as needed for pain
 - ___ **Tylenol**—325 mg X 1-2 tabs = **325-650 mg** every 4 to 6 hours as needed for pain
- ___ -Pain Relief: Prescription on Special Occasions (use as directed) (such as Tylenol #3 / Vicodin)
- ___ -Alternate OTC medications above, if possible (Advil/Motrin and Tylenol)
- ___ -Infection Control: Antibiotics
 - ___ Penicillin VK / Keflex / Clindamycin
- ___ -Children: Pain Relief - Over the counter children's: Tylenol / Motrin / Advil

SUTURES: In 7 to 10 days

- ___ -Will resorb (fall out) on their own or ___ -Require Removal