



Post Op Instructions for Surgical Extractions

1. No Smoking or alcoholic beverages for one week.
2. Do not rinse mouth today. Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using one quarter teaspoon of salt to a glass of warm water. Continue rinses for several days.
3. Bleeding. Following extractions some bleeding occurs, place gauze pads over bleeding area and bite down firmly for one half hour. Repeat if necessary.
4. Swelling. Swelling is a normal response to surgery. Ice bag or chopped ice wrapped in a towel should be applied to surgical area-one-half hour on and one-half hour off for 4-5 hours. After 24 hours use warm moist heat.
5. Pain. For mild to average pain use any over-the-counter type of medication you like or medication that the Doctor prescribes for you.
6. Food. Light diet is advisable during the first 24 hours.
7. Bony Edges. Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for their simple removal.
8. Sutures. Surgical extractions will require sutures. If a suture comes loose it is usually okay. Call the office to let us know. Also, sutures will need to be removed in 7 days (unless they are absorbable.) Make sure you have an appointment to have them removed.
9. If any unusual symptoms occur, call the office at once.
10. The proper care following oral surgical procedures will hasten recovery and prevent complications.