



Post-op Instructions following Extractions

- Depending upon the anesthetic used, patients will typically be numb for a few hours following an extraction procedure. If numbness persists for more than 12 hours, contact your dentist.
- It is exceptionally common to experience soreness in the jaws and the areas of extractions.
- Do not disrupt the blood clot in the area of extractions. We want that blood clot to form to help stimulate the healing process.
- Please “gently” rinse your mouth 3-4 times daily with salt water ($\frac{1}{4}$ tsp in 8oz water). Avoid “forcefully” rinsing your mouth during the healing process. The blood clot should remain intact. Please avoid commercial mouth rinses containing alcohol during the healing period.
- Pain management is extremely important. For better healing, stay one-step ahead of your pain. Your dentist will discuss with you options to manage pain.
- Smoking should be stopped following surgery. Healing time will be reduced and the chance for a successful outcome is increased.
- It is common to experience swelling following surgery. Please manage with cold compress for 15 minutes on, 15 minutes off. Continue as needed for the first day or 24 hours.
- Starting the second day or hours 24-48, warm compresses can be used to promote healing.
- Please do not brush your teeth for the first night after surgery. This will aid in the blood clot forming.
- Eat COLD, soft foods to the first few days following surgery. Stay hydrated. Protein shakes, smoothies, milkshakes are great! Please avoid alcohol in the healing phase. Chilled foods and drinks should be eaten for the first 24 hours. Starting the 2nd day or hours 24-72 warm foods should be eaten.
- Take plenty of rest after surgery. Please avoid strenuous activity which may raise blood pressure for the first 24 hours.
- If antibiotics were prescribed, please take them as directed throughout the recommended course.
- Please follow up with your dentist for the recommended post-op visits.