

DENTAL EXTRACTION POST-OP INSTRUCTIONS



- 1.) Leave gauze in place and stay biting down for at least 30 minutes. If bleeding continues, change out gauze every 30 minutes and continue to keep pressure on the area. You may also bite on a small tea bag as well to help promote clotting.
- 2.) Try not to eat or drink much for the first hour. Once you begin eating, eat softer foods and favor the side opposite the surgical or extraction site.
- 3.) Do not rinse, spit, or suck through a straw for the first 24 hours.
- 4.) Some swelling is normal. Ice the area for 15 minute intervals for 4- 6 hours to help with swelling. The earlier after surgery this is done the better.
- 5.) After 24 hours, rinse your mouth with warm salty water 3-4 times a day. An antibacterial mouth rinse such as Zinc, Silver, Chlorohexidine, or Closys may be more effective.
- 6.) Do not smoke or drink alcohol for at least 24 hours.
- 7.) Take the pain medication as directed. Try to take it within 30 minutes to 1 hour after leaving the office (before the anesthetic wears off to decrease pain).
- 8.) Brush your teeth as normal, but be careful near the extraction site and try to avoid brushing near it for 2-3 days.

If you have any questions, or feel you are not healing properly, please call our office immediately at 334.248.6816.