

POST-OP INSTRUCTIONS: EXTRACTIONS

Do not disturb the wound: Chew on the opposite side for at least 24 hours. Don't eat anything hard, crunchy, sharp or spicy for the next few days. Try to eat soft mushy foods and keep food debris out of the socket.

Do not smoke, spit or use a straw for 4 days: The blood clot must form in the socket. Smoking, spitting or using a straw can pull the clot out.

Brushing: Do not brush your teeth for the first 8 hours after surgery. After that, brush your teeth gently but avoid the area of the surgery for 24 hours.

Mouth Wash: Do not rinse your mouth for 24 hours after the extraction. This is also to ensure that the blood clot stays in the extraction socket. After 24 hours, rinse your mouth with warm salt water a few times a day. Do not use Listerine or any other harsh mouth washes for at least a week.

Bleeding: Leave the gauze that was placed in your mouth after your extraction in for 30 minutes. If you are bleeding after removing that piece of gauze, make another "ball" of gauze, wet it slightly and bite down hard for another 30 minutes. If bleeding continues after that, fold a tea bag in half, wet it slightly and bite down. Tea contains tannic acid, which may help reduce bleeding.

Pain: Discomfort after an extraction is normal. This combination works very well:

*Three 200mg tabs of Ibuprofen (Advil, Motrin) + 500mg Acetaminophen (Tylenol)
Take every 6 hours as needed for pain.*

Let us know if you are not supposed to take Aleve, Tylenol, Advil, Motrin or Ibuprofen.

Swelling: Place an ice pack on the outside of your face in the area of the extraction during the first 12 hours. Apply ice for 20 minutes at a time.

Diet: Eat regular meals with a good source of protein. Cold soft foods such as ice cream or yogurt are great for the 1st day. Avoid hot or carbonated beverages but *stay hydrated*.

Antibiotics: Sometimes we prescribe antibiotics to help rid your body of the infection or prevent an infection. If you have been prescribed an antibiotic, please make sure you take it all as directed and finish the bottle, even if you feel fine.

Call Us: If you notice anything unusual or bothersome, don't hesitate to give us a call. During normal business hours, please call: 541-683-8646. For after-hours help, please call Dr. Vivona at: 541-896-1331. If you think you have a life-threatening emergency, please go directly to the nearest Emergency Room or call 911.