



Post-Operative Instructions after Extraction

ACTIVITY: Reduce activity on the day of extraction then increase as tolerated. Avoid heavy exercise (running, aerobics) for one week after surgical removal of impacted teeth or major surgery.

BLEEDING: Bite firmly on the folded gauze for ONE HOUR (or until home and resting comfortably). Some seepage of blood is common and may persist into the next day. If excessive or prolonged bleeding continues, bite on another folded gauze for an additional 30 minutes. You may have to do this several times. If this is not successful, try biting on a moist tea bag.

REST: Rest (with head elevated) and avoid physical activity. **Do not suck at Blood Clot/Spit/Rinse.** Do not use a straw. Do not smoke for at least 2 days. If excessive bleeding persists, please call our office at 0172 5035227.

MOUTH RINSING **Do not rinse or brush teeth after surgery, for the next 36 hours.** After 36 Hours, gently rinse after all meals and at bedtime with lukewarm water. You may now carefully brush your teeth but avoid the extraction sites until tenderness is gone.

LIPS: Lips should be kept moist with a cream or Vaseline to prevent drying and cracking.

SWELLING: Swelling reaches a maximum at about 48 hours. Therefore, apply an ice pack to the surgical area "on and off every 20 minutes" the day of and the day after surgery (2 days). Start opening jaw exercises once bleeding has stopped because swelling will make it stiff. **After 2 days start doing a warm saline fermentation 4-5 times a day.** **Fermentation means holding lukewarm saline water on the area of extraction NOT Rinsing.** Continue jaw exercises until full opening returns. If you develop a hard, enlarging swelling and associated fever please call and return for treatment.

PAIN: Take the pain medication that was prescribed for you with food. In cases where no prescription was written you may take 2 tablets of **Tab Dolo 650 mg** or **Tab Ketorol DT** (if tolerated) every 4 hours for the slight discomfort. Severe pain in the lower jaw occurring about 4 days after operation usually indicates delayed bone healing ("dry socket"). Please call and return for treatment if this occurs.

DIET: Drink only liquids until the numbness has worn off then eat soft bland foods. Be sure to drink large amounts of fluids (**not through a straw!**). Avoid eating hot or warm meals for first 36 hrs. after surgery. Continue to add non-scratchy foods until you can comfortably return to a normal diet. **Antibiotics are best taken DURING MEALS.** YES Soups, Juices, Milk, Herb Tea, Custard, Pudding, Yogurt, Ice cream, Eggs (Scrambled, soft boiled, poached), Cottage Cheese, Oatmeal, Pasta, Noodle, Rice Tuna Fish, Egg Salad, Soft Bread (No Seeds) Fish, Chicken (Not Fried), Soft Meat NO Spicy Foods Hot Foods (let food cool down) Acid Type Juices (tomato, grapefruit, orange) Hard Scratchy Foods (chips, Salads, bread crust, popcorn, fried foods) Alcoholic Beverages.

NAUSEA: Nausea can occur after anesthesia, when blood is swallowed or if taking pain medication on an empty stomach. Therefore, make sure to bite firmly on the gauze and to take pain medication with food.