

Extraction Post-Operative Instructions

Please read this form entirely to minimize discomfort and complications after your surgery. This form has been designed to display information in an easy-to-read manner to save you time.

◀ Do This ▶

- Maintain pressure **for 30 minutes** with folded gauze over area to control bleeding. Swap out the gauze when it becomes saturated. Rest quietly with your head elevated. Expect oozing for 24-48 hours. If significant bleeding persists or begins again, bite a moistened tea bag for 30 minutes to encourage clotting.
- Expect swelling for 2-3 days after, and minimize it by applying ice packs to outside of face for up to 20 minutes each hour.
- Manage pain early by taking 400-800mg (2-4 pills) of over-the-counter **Ibuprofen** before the anesthetic wears off. Repeat every 4-6 hours, max 3200mg/day. If necessary, supplement with 1000mg (2 pills) of over-the-counter **Tylenol ES**, max 3000mg/day. Do this 2-3 hours after taking the Ibuprofen, and alternate after that. If you were given a pain medication prescription, take one in place of the Tylenol ES and follow the same timing recommendations. ***Avoid Ibuprofen and Aspirin if you currently take Plavix or Coumadin**
- Eat soft foods like applesauce, yogurt, pudding, Jello, mashed potatoes, eggs, pasta, pancakes, milkshakes, etc.
- Do a gentle warm salt water rinse starting the day after the procedure, two times daily for three days.
- Do brush and floss thoroughly as normal.
- Call us if you have continual or worsening pain 3-5 days after the procedure, 303-772-8020.

▶ Avoid This ◀

- Avoid disturbing or probing the area, especially if sutures (stitches) are present.
- Avoid **rinsing** vigorously the first day.
- Avoid **hot liquids or hot foods** for 24 hours which may dissolve the blood clot.
- Avoid **using a straw** for 3 days to prevent suction from disturbing the blood clot.
- Avoid **smoking**, which will slow healing, increase discomfort and chance of dry sockets.
- Avoid eating foods like nuts, sunflower seeds, popcorn, berries with seeds; anything small enough to get lodged into the socket areas for 3 days.
- Avoid chewing any food on the affected side for 2 days.
- Avoid heavy lifting or intense exercise for 24 hours.
- Avoid **sucking and spitting** to reduce the risk of a dry socket.

If you had a graft or membrane placed, let us know if it comes loose anytime in the next few days.