

## **Post-Operative Instructions** **Following Extraction of Teeth**

### **I. Care**

1. Do not eat or chew any food until the numbness from the anesthesia has completely worn off. If you do need to eat, please eat something soft. It is OK to drink liquids during this time.
2. Do not smoke for as long as possible to help prevent dry sockets.
3. Keep fingers and tongue away from socket or surgical site. If stitches were placed, an appointment will be made to remove them, or we will let you know if they will dissolve over time.
4. Use ice packs on surgical area (outside of face) for the first 2 hours and any other time you would like. Apply the ice pack for 15 minutes on and 15 minutes off.
5. To help control bleeding, place moist (wet) gauze over the surgical site and apply pressure (bite together). If bleeding persists, a moist caffeinated tea bag may be placed over the site for one hour. It is normal to bleed a little on and off for the first 2 days.
6. After the first day, use warm salt water rinses between meals. Take a glass of warm water and add 1 teaspoon of salt to it. If you were prescribed a medicated mouth rinse, continue rinsing with that as well. If you were given a syringe to flush the socket, you may use it as well.
7. Diet should consist of clear liquids to start, then progressing to soft foods as tolerated. No chewing until the numbness is completely gone.
8. Please take all prescribed antibiotics and pain relievers as directed.
9. For non-prescription pain relief, use Tylenol or Advil/Motrin/Aleve. Take 4 Advil every 8 hours with an additional dose of 1 to 2 Excedrin every 4 hours and between doses of Advil.

### **II. The Following May Occur**

1. The surgical area may swell and bruise
2. Stiffness of the jaw muscles may cause difficulty in opening your mouth.
3. You may have a slight earache and sore throat.
4. Your other teeth may ache temporarily.
5. There will be a hole where the tooth was removed.
6. There may be a slight elevation of your body temperature for 24 to 48 hours following the extraction. If the temperature persists, contact our office.
7. Numbness of your lip or tongue on the side from which the tooth was removed may develop. (This is rare).