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**Post-Operative Extraction Instructions**

*It is very important that you read and understand these instructions before you leave our office. If you have any questions please ask.*

PRIORITY 1 of 4*:* **Bleeding**

* When you leave there will be a piece of moist gauze covering the extraction site. We ask that you keep your teeth closed with firm pressure for the next 30 minutes.
* If the extraction site is still bleeding, wet a piece of gauze and place it over the site. Apply firm pressure for the next 45 minutes. After the 45 minutes, you may remove the gauze.
* If bleeding continues, place a warm moist tea bag of any flavor (caffeinated or decaf) on extraction site and bite firmly for two (2) hours. This should stop any and all bleeding.
* You can expect the area to ooze (bleeding slightly) for the next 24 hours. If bleeding is excessive or uncontrollable, call our office **859-384-0776** or go to the emergency room if we can not be reached.

PRIORITY 2 of 4: **Pain**

* If you were not given a prescription for pain, use over the counter products such as acetaminophen, or Ibuprofen if necessary as long as you do not have preexisting conditions that may make one or both of these medications harmful to you.
* If you were given prescription medication or an antibiotic, follow the instructions that accompany them very carefully and read all precautions.
* If prescribed pain medication makes you nauseous or sick feeling, take half of prescribed dosage or switch to over the counter pain medication.
* You may alternate prescription medication with Ibuprofen every four (4) hours if pain is too great for prescription medication alone.

PRIORITY 3 of 4: **Wound Care**

***First 72 hours following oral surgery***

* Leave the extraction site alone as much as possible!
* Do not smoke
* Do not drink through a straw
* Avoid sucking on candy, cough drops, or the extraction site itself.
* Avoid hot liquids such as coffee, tea, or soups
  + Luke warm liquids are ok
* Avoid strenuous activity
  + NO lifting over 25 lbs
* Avoid any spitting
* No rinsing
* No carbonated beverages

***Wound Care******AFTER first 24 hours following oral surgery***

* Start warm salt water rinse three (3) times per day at minimum, however you may do as often as a you like
  + 1 tsp salt/ 8 ounces water- whole 8 ounces is considered one (1) rinse
  + Rinse gently, tilting head side to side rinsing over affected area with mouth full of rinse, open mouth over sink and let the rinse fall out. Repeat with another mouth full until all 8 ounces have been used
* You may resume brushing and flossing as normal, avoiding extraction site and area directly around site

PRIORITY 4 of 4: **Diet**

* Eat a soft food diet for a minimum of seven (7) days after the extraction
  + Soft food is considered to be things you do not have to chew such as applesauce, yogurt, soup, drinks, plain ice cream (without mixed in nuts or candy), etc.
* No spicy or crunchy foods
* No foods with seeds
* No alcohol

Common complications of extraction surgery: **Dry Socket**

If the instructions above are not followed as recommended you may develop a “Dry Socket”. This is the term used when the blood clot has been lost or dislodged from the socket of the extracted tooth and bacteria has set-up in the walls of the extraction site.

You will know you are developing this type of condition if three to four days following extraction pain that was initially lessening, returns or worsens. You must call the office immediately for further treatment if this occurs.

**Special Instructions that may apply to you**

* If you had a **bone graft** placed, **DO NOT USE ANY MOUTHWASH** until the gum tissue has closed over the surgical site. Only do warm salt water rinses as directed.
* If you have **stitches**, you will need to be seen in our office in about 7 days to have them removed, unless you were told that the sutures will dissolve on their own. Please make an appointment.
* To decrease **swelling**, you may use cold packs on your face in the area of the extraction site. Place it for 10 minutes, then off 10 minutes. Repeat this cycle as many times as you need during the first 24 hours after the extraction.
* Some **bruising** may occur, this is typically normal and should resolve in 2- 4 weeks.

**If you have any questions, please ask before you leave today.**