

Instructions Following Adult Extractions

Pressure

Keep pressure on the extraction site with gauze for at least 2 hours without changing gauze. If bleeding continues after the gauze is removed, reapply new gauze and keep pressure on for another hour. You may also try pressure with a teabag. Unless bleeding is excessive, just swallow whatever accumulates in your mouth, most of it is saliva and it will not hurt you. If after several hours you are not able to stop the bleeding, call the clinic or the emergency number. It is normal to have some minimal oozing for several hours following surgery.

Pain Medication

If a medication is prescribed, take as directed. If you are instructed to take an over the counter medication, use as directed on the bottle. It is best to begin medication before the numbness totally wear off. Also schedule a dosage at bedtime for a restful nights sleep. It is best to take pain medication with something in your stomach, so eat before taking the medication. Pain medication will not be refilled over the phone, the patient must be seen in the clinic if pain persists.

Oral Hygiene

Brush your teeth as normal, and gently in the area of surgery/extraction site. Keeping your mouth clean will minimize your discomfort and risk of infection. Begin salt water rinses 24 hours after procedure. Use 1/2 tsp of salt in a glass of very warm water 4-6 times per day (minimally after each meal and at bedtime).

Diet

To avoid biting your cheek or tongue, do not eat until the numbness wears off. A balanced diet is very important. During the first 24 hours eat soft foods, such as scrambled eggs, mashed potatoes, soup, and shakes/malts. Don't skip meals, and gradually progress to more solid foods. Drink plenty of liquids, at least 4-6 glasses a day. **NO STRAWS!!!**

In General

1. Activities for the first 24 hours following surgery should be minimal. Avoid bending or stooping. Avoid heavy lifting.
2. **DON'T** use straws, spit, or suck on the blood clot. **DON'T SMOKE** for at least 72 hours. Performing any of these activities could lead to loss of the blood clot and could result in a dry socket, which requires additional care at the clinic.
3. Ice packs can be used to reduce swelling and to control pain. Apply during the first 12 hours: 15 minutes on and 15 minutes off. Don't use ice after this period. Some swelling and stiffness is

normal beginning the first day after surgery. Warm moist packs and warm salt water rinses begun after 24 hours will help reduce this.

4. Nausea can be caused by pain medication, swallowing blood, and/or inadequate food or fluid intake. Rest and a light meal will help alleviate this feeling.

5. Do not use peroxide or prepared mouthwash-these can burn the tissues inside the mouth. Avoid alcohol for 72 hours and longer if prescribed pain medications. Never combine alcohol with pain medications.