



POST EXTRACTION INFORMATION

The following information is provided to help you through your postoperative care after tooth extraction. If any additional information is needed, call the office at 816-897-4288.

Bleeding – Some bleeding is to be expected. Normal bleeding may last from four to eight hours, with some oozing lasting up to 24 hours. Bite on a gauze pad placed over the extraction site for 4-6 hours after surgery. **DO NOT CHANGE GAUZE UNLESS NECESSARY**-frequent changing will only increase the bleeding or cause a dry socket. If bleeding persists, place a moistened tea bag (squeezed dry) over the area and bite down for 30 minutes – repeat this one or two times. Do not spit for the first 24 hours. Drink fluids with gauze pads in place if possible.

Swelling – Some degree of swelling is normal, depending on the amount of surgery done and the individual's response to it. Apply ice packs (wrapped in a thin towel) to the face at the extraction site for 15 minutes, then leave off for 15 minutes. Repeat as often as necessary for the first day. After the first 48 hours, warm, moist packs may decrease swelling. The most swelling usually occurs on the 2nd or 3rd day after surgery.

Discomfort – Some discomfort is expected following oral surgery. If you have been given a prescription for relief of pain, take one dose before the anesthetic wears off (this will allow the medication to begin to take effect before the local anesthetic wears off). If no prescription was given to you, extra strength Tylenol or Ibuprofen should relieve the discomfort.

Diet – A soft liquid diet is best for the first one or two days following oral surgery. Try to chew on the opposite side of the extraction area(s). For the first two days, avoid carbonated and alcoholic beverages, sucking through a straw and hot liquids. Proper nourishment is important for good healing. Start drinking and eating as soon as possible. Taking medication on an empty stomach can produce nausea or vomiting.

Mouth Rinse – Do not use mouth rinse or gargle for the 24 hours after tooth extraction; this will allow proper formation of the blood clot in the extraction site. **At the end of 24 hours, begin mouth rinse with warm salt water** (stir ½ teaspoon salt in a glass of warm water) **at least for 4 times a day**, especially after eating. You may brush your teeth during this time but be sure to avoid the extraction site(s).

Smoking – Do not smoke for the first 48 hours after extraction. Smoking may interfere with blood clot formation and slow your healing process.



Driving – Depending on the time of your procedure and your individual reaction to the procedure you will probably want to relax for the rest of the day. Avoid driving, operating machinery or any decision making for at least 24 hours after your surgery (*if you have had IV drugs during your surgery*). You will be very drowsy after surgery and should go home and rest with your head elevated on a pillow to minimize swelling, bleeding and discomfort.

Nausea/Vomiting – This is expected for the first 24 hours and is due to the IV or general anesthesia medications. If this persists after 24 hours, then the cause is due to pain medications or antibiotic given to you. Switch to a pain medication that you have taken in the past. If you want medications for nausea and vomiting (suppositories), a prescription can be called to your pharmacy. Have a pharmacy telephone number ready before you contact our office.

Medications – Take all regular medications as prescribed to you by your physician in addition to the medications that have been prescribed at the time of oral surgery. Antibiotics can interfere with the actions of birth control medications. Some other medications can also counteract each other. Check with your physician.

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