



## Post Op Extraction Instructions

### **Bleeding:**

Most bleeding stops within several hours, **but** can ooze up to 24 hrs. The provided gauze should be used until bleeding has stopped. When using gauze, make sure you dampen it before folding and apply firm biting pressure once it is placed. Any residual bleeding that occurs after the first several hours can be minimized by using a teabag in a similar manner as the gauze. If bleeding persists past 24 hrs, please notify your doctor.

### **Pain Medication:**

Eat something before taking any pain medication and make sure all medication is taken as directed. Taking prescription pain medication on an empty stomach can result in nausea. If you do not need the prescription medication, you may use ibuprofen (Advil). We suggest the following for pain management: Take 1-2 tabs of prescription pain medication, wait 3 hrs, take 400 mg of ibuprofen, wait 3 hr, and repeat. Pain / Soreness and some swelling are common. Ice packs can be used after surgery to minimize swelling. Ice packs (20 min on, 20 min off) should only be used for the first 24 hrs. If nausea persists with the prescription pain medication, please notify your doctor.

### **Developing a Solid Blood Clot:**

Initial 24 to 36 hours **avoid**: Smoking, rinsing, spitting, sucking through a straw, extremely hot foods/liquids, carbonated drinks, and alcohol.

After 24 hours: You may gently rinse with warm salt water several times a day. Brush gently around extraction site and floss with care.

After 48 hours: If you were given a plastic syringe for your extraction, you may begin to irrigate the area in order to remove food debris that has accumulated. This should be done after every meal. You can use the chlorhexidine if a prescription was given or just lukewarm water. The cleaner the extraction site is, the faster it heals.

**Dry Socket:**

Dry socket occurs when the blood clot is dislodged from an extraction site. The blood clot should be solid at the extraction site after 48 hours. Dry socket is different and more intense than the normal pain following an extraction. If pain and soreness does not improve and gets worse 3 to 4 days after your extraction, please call your doctor.

**Diet for 24 hours:**

We recommend a light diet with plenty of fluids. Drinks such as Ensure, Boost, or Slimfast, work well if chewing is difficult.