

Extraction Post-Op Instructions

- ***No straws, smoking, or heavy swishing:***

Use of straws or smoking creates suction that can dislodge the blood clot and result in a dry socket. No heavy swishing for 48 hours.

- ***Ice pack:***

Apply ice directly to face (alternating 15 minutes on, 15 minutes off, continuing this for the first day). Ice will decrease swelling and pain.

- ***Pain:***

Please note: Some pain, swelling, and discomfort is normal, after surgery, and will occur.

Take medications, as directed, when needed:

800 mg Ibuprofen, every 6 hours, (using Tylenol (Acetaminophen) in between Ibuprofen doses, as needed, for additional pain management) no more than 4 times a day.

Or

2 extra strength (500 mg) Tylenol, every 6 hours. Take no more than 8, per day.

- ***Bleeding:***

Bleeding can normally be controlled by placing gauze in the area of the surgery site by biting down or using firm pressure for 5-15 minutes. If bleeding cannot be controlled, call our office.

- ***Teeth brushing:***

Brush your teeth normally, avoiding the surgical site for the next 3 days. **48 hours after surgery**, a saltwater solution (1/2 teaspoon salt + 8 ounces warm water) can be swished in your mouth for 2-3 minutes, every hour, for additional comfort.

- ***Diet:***

You may eat normally when the numbness wears off. Avoid chewing in the area of the surgical site. **Refrain from eating hard crunchy foods, or foods that could get lodged in the surgical site** for up to 2 weeks after the procedure (For example: nuts, chips, rice, granola, etc.).

Please note: Following these instructions very closely will greatly help your comfort and promote uneventful healing to the surgical site.

If you have any questions or concerns, please call our office at (309)-691-6054.

In case of a dental emergency, call (309)-360-8502.