

EXTRACTIONS POST-OPERATIVE INSTRUCTIONS

It is normal for minor bleeding to occur for the first 24 hours following surgery. If slightly heavier bleeding occurs:

1. Place a piece of gauze over the surgery site.
2. Bite firmly on the gauze for at least 30 minutes. **DO NOT** chew on it.
3. If the bleeding continues, call the office.
4. Do not suck on area where surgery occurred or drink through a straw during the first 48 hours.

Rinsing:

1. Do not spit or rinse the surgical area on the day of the surgery..
2. The day after surgery you may gently rinse with warm salt water.
3. You may brush your teeth and your tongue after the surgery. Be careful of the surgical site.

Eating:

You should start with liquids and very soft foods for the first 24-48 hours following the surgery. If the area feels a little better, you can then move on to a normal diet. Be careful of chewing on hard foods near the surgical area.

Pain & Swelling:

It is normal to experience some degree of swelling. If you do experience swelling, you can place ice over your face for 20-30 minutes at a time during the first 24 hours. This should help to reduce pain and swelling. Do not ice after the first 36 hours. If you feel discomfort, it is recommended that you take an Advil or Tylenol to ease the pain. If the pain persists, please contact the office.