



Extraction

Aftercare

BASIC CARE

You can brush and floss that evening **EXCEPT** in the area of the surgery. The next day, rinse the mouth gently with a glass of warm saltwater (*1/2 teaspoonful of salt in a glass of warm water*). Repeat the saltwater rinse 2 or 3 times each day for the next few days.

1. Abnormal Bleeding

If abnormal bleeding occurs, use a gauze folded over twice, and put it over the surgery area. There must be pressure over the area to stop bleeding. If blood is seeping out around the gauze, there is not enough pressure covering the hole. The gauze should be kept with pressure on the area for 45 minutes before changing to a new gauze. If the gauze is changed too frequently, bleeding will not stop. Bleeding should stop within the hour but you can expect to see blood-tinged saliva for up to 24-48 hours following surgery. **If bleeding continues for more than one hour, please contact the doctor at (714) 870-9445.**

2. Diet Instructions

Good nutrition and adequate fluid intake are important after surgery. Start off with cool liquids and soft foods. This is to prevent you from burning or biting your lip, cheek or tongue. Suggestions are scrambled eggs, mashed potatoes, pudding, pasta, milk shakes and yogurt. We encourage you to resume your normal diet as soon as possible. Avoid straws for one week.

3. Syringe

Monoject Syringe is to be used 1 week after surgery. Fill with one part water and one part hydrogen peroxide and rinse lower extraction areas after you eat. You can stop using it once food is no longer coming out when you irrigate.

BLOOD CLOT

Do not disturb the blood clot. Keep fingers, toothpicks or other matter that may cause infection out of the mouth. Grayish or yellowish appearance and slight odor do not indicate an infection. Smoking and drinking alcohol will disturb the clot and slow the healing.

SWELLING

It is normal to have swelling for about a week. Swelling may increase for the first 2 days before it starts to decrease.

Kirk Larson, D.D.S. & Timothy Hedrick, D.D.S.

Family & Cosmetic Dentistry

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SUTURES

If sutures were placed, it is normal for the sutures to fall out or dissolve within the first 24-72 hours. The area will still heal normally.

MEDICATION

Take all medications as prescribed. It is expected to have some discomfort after surgery. You may need pain medication for one to two weeks after surgery. If you have been given a prescription, use it as directed. If the doctor has prescribed multiple medications, all of these medications can be taken together. Studies have shown that the most effective medication for pain relief is Ibuprofen (Motrin) and Extra Strength Tylenol **taken together EVERY 4 hours. Please follow the directions for medications given by Dr. Hedrick.**

QUESTIONS

If complications arise after surgery or unusual symptoms, such as swelling or pain after the area has healed, please call our office for advice. Also, call us if you have any questions at **(714) 870-9445** to reach Dr. Hedrick.

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