



## Post-Operative Instructions for Extractions

### ACTIVITY

- Rest as much as possible for the next **24 hours**. Avoid strenuous activity for the next **3 days**. For example, if surgery is on Monday, may resume normal activity on Thursday.
- Avoid lying flat for the remainder of the day and sleep with your head elevated for the next **3 days**.
- If you received **IV sedation**, do **NOT** drive, operate heavy equipment, use power tools, or sign legal documents for the next **24 hours**.
- **Do not smoke, use straws, or forcefully spit for 1 week afterwards.**

### BLEEDING

- Gauze packs are placed over the extraction site(s) to help stop bleeding. **Bite firmly** on the gauze.
- **After 1 hour**, remove the gauze and check the site(s). If bleeding continues, use new gauze and apply firm pressure directly over the site.
- Continue checking **every hour**. If the bleeding has stopped, you do not need to replace the gauze.
- Mild oozing is normal for the first **24 hours**, and you may notice some bloody saliva for the next **few days**.

### STITCHES

- Stitches may be in place and will **dissolve on their own** within **5 to 10 days**. Avoid picking or pulling at them. If they cause discomfort, **contact the office**.
- Bone grafting material may have been placed at the time of extraction or implant placement. You may notice small granules in your mouth for the first **couple days**—this is **normal**. **Do not disturb or touch the site.**

### SWELLING

- Swelling is expected and will **peak on days 3-5**, then gradually improve.
- Use an **ice pack** as much as possible for the next **24 hours**, alternating **30 minutes on, 30 minutes off**. **Do not ice while sleeping**. After **48 hours**, can switch to **moist heat** for comfort.
- If you have **dentures or a prosthesis**, **do not remove them**, as they help control swelling.

### PAIN MANAGEMENT

- Pain may **increase over the next few days**, with **peak discomfort on days 2 and 3**.
- Take **Ibuprofen or Acetaminophen** every **6 hours** for the next **3 to 4 days** to manage pain and swelling.
- For **severe pain**, take the **narcotic pain medication** as **prescribed** - **take medication with food** to prevent nausea.
- **Do not drive or operate machinery** while taking narcotic pain medication.

### DIET

- Eat **cold & soft foods** on the day of surgery (scrambled eggs, yogurt, applesauce, milkshakes, mashed potatoes, lukewarm soup, etc.). **Avoid hot foods and drinks for 24 hours**, as they may aggravate bleeding and burn your numb mouth. **Avoid hard, crunchy foods** (nuts, seeds, popcorn) for the **first week**.
- **Drink plenty of fluids**, but **do not use a straw**.
- **Avoid alcohol for 24 hours** after surgery or while taking pain medication.

### ORAL HYGIENE

- Gently **brush your teeth**, avoiding the surgical site.
- Starting **the day after surgery**, gently **rinse** with the prescribed **antibacterial mouth rinse** twice a day for **one week**.
- **Do not** vigorously rinse, swish, or spit for **one week**

### IMPORTANT

- If prescribed an antibiotic, take it as directed until completion.

**For any questions or concerns, contact our office day or night at 908-224-1707**