

### Post-op Instructions Following Oral Surgery

You have just had a tooth extracted at Hutchinson Family Dental. The following information and instructions will help you to attain a full recovery.

1. We have placed a piece of gauze on top of the extraction site; continue to bite down on the gauze for 30 minutes. After 30 minutes, remove gauze and replace it with another piece of gauze. If bleeding continues, apply more gauze and repeat the above instructions.
2. Place cold towels or an icepack on your face in the extraction site for 15 minutes. After 15 minutes, remove the cold towels or icepack for 15 minutes. Continue alternating every 15 minutes for the first 4 hours after surgery. Be sure to wrap ice packs in a cloth.
3. Do not brush the teeth adjacent to the extraction site until the following day. On the morning following the surgery, rinse your mouth with warm salt water (1/2 teaspoon salt to a glass of water). Repeat several times daily. Avoid mouth rinse containing alcohol for 5 days after surgery.
4. Keep fingers and tongue away from the socket.
5. Do not smoke, spit forcefully, drink carbonated beverages or suck through a straw for the next 7-10 days.
6. Take it easy for the next day or two. Do not do any lifting, exercising, or anything that will raise your blood pressure – as these types of activities will prevent a clot from forming.
7. Take prescription medication as advised—if no special drug is prescribed; take 800 mg Ibuprofen (4 x 200 mg tablets) 3 times a day as needed for pain. DO NOT TAKE ASPRIN.
8. Bleeding: It is normal for the saliva to be slightly streaked with blood for about one day. If abnormal bleeding occurs, place a piece of gauze or moist cotton over the extraction site for 15 minutes.
  - If bleeding continues: Wrap a moist **black** tea bag (must be black tea) in gauze and place over the area. Bite down for 30-60 minutes. If the bleeding continues, contact our office immediately.
9. Swelling: It is possible for swelling to occur up to 72 hours after the procedure. It is normal and should not cause alarm.
10. Diet: Liquid diet or soft foods are advisable for the first 24 hours. Drink lots of fluids.
11. Call or return to the office if undue symptoms develop.

If you have any questions, please call our office at 620-663-9119.