

POST-OPERATIVE INSTRUCTIONS FOLLOWING EXTRACTION

Provided for your comfort and recovery following oral surgery, adhering to American Association of Oral and Maxillofacial Surgeons (AAOMS) best practices.

Bleeding & Clot Formation

- Maintain constant pressure on the gauze pad over the surgical area for 30-60 minutes, then discard.
- Do not be concerned if you see traces of blood in your saliva for several hours, or blood on your pillow at night
- If bleeding persists, bite firmly on a moistened black tea bag for 1 hour. Tannic acid helps in the formation of blood clots.
- Do NOT rinse your mouth, spit aggressively, or touch the wound area for the first 24 hours to avoid dislodging the clot.

Pain Reduction Protocol

- Moderate discomfort is expected as the anesthetic wears off.
- Most discomfort can be controlled by alternating non-steroidal anti-inflammatory ibuprofen (Advil, 400 mg) and acetaminophen (Extra Strength Tylenol, 1000 mg) every 8 hours, unless contraindicated.
- Take pain medications before the local anesthetic fully diminishes, preferably with food to avoid nausea.

Swelling

- Some swelling is expected. Keep your head elevated during the first evening.
- Apply ice packs to the outside of the face (20 mins on, 20 mins off) for the first 24 hours.
- After 36 hours, switch to warm wet compresses (20 mins on, 40 mins off) on subsequent days. If swelling persists and continues to increase, call your doctor.

Oral Hygiene

- Beginning the day after the procedure, use warm salt-water rinses (1/2 tsp salt mixed with 6-8 oz. of warm water) at least 2 times a day.
- During the first week, please carefully brush your teeth, but avoid the surgical site.
- Practice excellent oral hygiene for the rest of your mouth.

Nutrition & Habits

- Restrict yourself to a soft diet. Chew on the opposite side and avoid extremely hard, sticky, or spicy foods.
- Do NOT use straws for drinking. The sucking motion can dislodge the blood clot and cause dry socket.
- Do NOT smoke; smoking restricts blood flow, delays healing, and irritates the tissues.
- Avoid alcoholic beverages for at least 48 hours to prevent conflict with medications and delayed healing.
- Discontinue your usual heavy exercise regime for 1-2 days.

Antibiotics & Appointments

- If prescribed, take antibiotics strictly as directed until fully finished.
- You will typically be seen for a post-operative appointment within 10 days to 2 weeks following surgery if necessary.

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)
2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)
400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)
509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)
3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000