

POST-OPERATIVE INSTRUCTIONS

The extraction of Erupted Teeth or the Removal of Impacted Teeth is a Surgical Procedure.
The following instructions **MUST BE FOLLOWED**:

1. Bite on gauze for 30 minutes. **DO NOT CHEW** on the gauze. **DO NOT SPIT**. Spitting will cause more bleeding. Excess saliva and a **little blood** appear/look like a lot of bleeding. Do **NOT** sleep with gauze in your mouth.
2. **DO NOT SMOKE OR VAPE** for 72 hours. **DO NOT USE A STRAW** for at least 48 hours.
3. To prevent bleeding and swelling keep your head elevated on 2 or 3 pillows while you rest and/or sleep. The wound may bleed or ooze slightly for one or two days. This is normal. If bleeding persists, or is excessive, please notify us.
4. Brush remaining teeth twice daily, but don't rinse or use mouthwash the day of surgery.
5. **Maintain a proper diet**. Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids with meals and in between. Eat what you wish but be careful not to disturb the blood clot. Add more solid foods to your diet as soon as they are comfortable to chew.
6. **To minimize swelling**: if instructed, **immediately** following the procedure apply ice over the affected area. Use as directed to help prevent developing excessive swelling and discomfort. Wisdom teeth patients should wear their ice wrap for three (3) days post-surgery. If an ice wrap was not provided, simply fill a heavy plastic bag with crushed ice, tie securely and cover with a soft cloth to avoid skin irritation. After the first 3 days, warm moist heat compresses may be used to relieve muscle soreness and discomfort.
7. Warm salt water rinses should begin the **day after** surgery and continue for at least one week (or longer as directed) after your surgery being sure to rinse after meals when possible and, most importantly, before bed time. Rinse & spit gently.