



Extraction Post-Operative Instructions

Please follow these instructions carefully to promote healing, reduce discomfort, and help prevent complications.



1 BITE ON GAUZE FOR 30 MINUTES – 1 HOUR AFTER YOUR PROCEDURE

- Bite on gauze for 30 minutes to 1 hour after your procedure.
- Do not spit, chew, or sleep with gauze in your mouth.
- A small amount of blood or blood-tinged saliva is normal during the first several hours. If bleeding continues, place fresh, slightly moistened gauze over the extraction site and bite firmly for another 30 minutes. If bleeding is heavy or does not improve, **contact our office immediately.**



2 DRINK NON-CARBONATED LIQUIDS, EAT SOMETHING, AND TAKE YOUR MEDICATION

- Drink plenty of non-carbonated, non-alcoholic liquids. Choose cool or room-temperature beverages and avoid very hot liquids during the first 24 hours.
- Eat something soft and nutritious when you are able. Taking your pain medication with food, when appropriate, may help prevent stomach upset.
- Take your pain medication as directed and take antibiotics if prescribed.
- Do not take more medication than directed.



3 BRUSH TEETH THE NEXT DAY & START WARM SALT WATER RINSES AFTER MEALS

- The day after surgery, brush your teeth gently—avoid the surgical areas.
- Start warm saltwater rinses after meals (1/2 teaspoon of salt in 8 oz. of warm water).
- Let the rinse fall out of your mouth—please do not spit forcefully.
- **Do not use the irrigation syringe (if given) before 4 days post-op.**



4 MANAGE SWELLING AND PAIN

- Apply an ice pack to the outside of your face for the first 24–72 hours (20 minutes on and 20 minutes off).
- Sleep with your head elevated when resting or sleeping for the first 2–3 days.
- Please take your medications as prescribed.
- **Do not use the irrigation syringe (if given) before 4 days post-op.**



5 REST AND LIMIT ACTIVITY

- Keep your head elevated on 2–3 pillows when resting or sleeping for the first 2–3 days.
- Avoid strenuous exercise, heavy lifting, and activities that increase your heart rate or blood pressure during the first week. Gradually return to normal activity afterwards.



6 AVOID SMOKING, VAPING, AND MARIJUANA

Do not smoke, vape, or use marijuana during your recovery. These can interfere with healing and can increase the risk of complications including dry socket and infection.



7 EAT SOFT, NUTRITIOUS FOODS

- Choose soft foods that don't require much chewing such as yogurt, mashed potatoes, eggs, pasta, smoothies (no straw), soup, and protein shakes.
- Avoid hard, crunchy, spicy, or hot foods for several days.



8 PLEASE CONTACT OUR OFFICE IF YOU EXPERIENCE:

Excessive bleeding that won't stop, severe or worsening pain, significant swelling, fever, pus or drainage, foul taste or odor, difficulty opening your mouth, or numbness.

- Office Number: **(404) 378-2331**



9 FOLLOW UP

Keep your scheduled follow-up appointment.



FOR EMERGENCIES:

Call our office immediately or go to the nearest ER for:

- Severe bleeding that won't stop
- Difficulty breathing
- Difficulty swallowing
- Swelling of the face, mouth, tongue, or throat



*Thank you
for allowing us to care for you!*

*We wish you a smooth
and speedy recovery!*

