

POST OPERATIVE CARE FOLLOWING EXTRACTIONS

1. Keep gauze over extraction site and continue to apply pressure for 45 minutes, then discard.
2. Some oozing may occur on the first and second days following surgery. This is normal. If large amounts of blood are coming from extraction site, place moist tea bag in area and **apply pressure for 30 minutes**. If persists, call the office.
3. Apply ice to the face 10 minutes on and 10 minutes off for the first 4-6 hours following surgery.
4. A **colder soft diet** is recommended for the first 24 hours following surgery (ex: jello, pudding, applesauce, ice cream, yogurt, etc.). **After** 24 hours you can introduce **warmer soft food** (ex: mashed potatoes, oatmeal, eggs, noodles, etc.).
5. **NO** rinsing, spitting, smoking or drinking through a straw for at least 3 days following surgery.
6. Take all medications as prescribed. **DO NOT TAKE** Ibuprofen for the first 24 hours following surgery.
7. Twenty-four hours following surgery, begin using Peridex as directed on bottle and continue for at least 1 week following. Warm salt water rinses need to be used after meals for 1 week following as well.
8. If sutures were placed, they will dissolve on their own.
9. If you are experiencing any stiffness or discomfort after 24 hours, warm **MOIST** compresses are recommended.
10. Bruising may occur following surgery, this is normal.
11. Numbness of the lip, chin, and/or tongue may occur. This is usually temporary, if this persists please advise surgeon at your post-operative visit.
12. Bone fragments may occur after extractions and will usually work their way out. This is completely normal.
13. **DO NOT** use any peroxide products.

Please notify office of any unusual occurrences or questions at 410-543-1675. If unable to get through to our answering service after hours, contact the TidalHealth operator at 410-546-6400, and Dr. Ascher will be contacted.