



INSTRUCTIONS AFTER ORAL SURGERY(EXTRACTIONS)

After any tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. This is why we have you bite on gauze for 30-45 minutes after the surgery appointment. We have provided you with extra gauze in your care bag. If you get home and are still bleeding, you can fold the gauze and bite for an additional 30-45 minutes. If the bleeding continues, we recommend taking a moist tea bag and wrapping it in gauze and bite on it, this can help clot the surgery area.

Keep your fingers and tongue away from socket or surgical area.

Do not spit, rinse or use a straw for 48 hours.

SMOKING: We suggest you do not smoke for at least 72 hours.

ICING AREA: Use ice packs on the surgical area for the first 48 hours, apply ice for 20 minutes on and 10 minutes off.

Stay hydrated. Drink plenty of water, do not use a straw.

DIET: DO NOT EAT ANYTHING UNTIL THE NUMBNESS IS GONE SO THAT YOU DO NOT BITE YOUR LIP, CHEEK OR TONGUE. Drink and eat cold or room temperature beverages or food for the first 48 hours, as to not heat up the surgery area which could increase swelling.

Avoid food that gets stuck in your teeth such as nuts, chips, popcorn, or similar foods.

REST: Avoid strenuous activity for 3-4 days.

RINSING: After 48 hours gently rinse with warm salt water (1/2 tsp salt in glass of warm water)

PAIN: If you have any restrictions on pain medications, check with your medical doctor to see what you are allowed to take. If you do not have any restrictions, we advise for discomfort to take Acetaminophen (Tylenol) or Ibuprofen (Advil) as prescribed. If Advil or Tylenol alone are not sufficient, you may take Advil and 3 hours later take Tylenol and repeat not to exceed the daily allowable doses on the bottle.

IN CASE OF ANY UNUSUAL SYMPTOMS, CALL THE OFFICE AT ONCE. OUR FAIRLAWN AND LAKEMORE PHONE NUMBER IS 330-733-7911, OUR CANTON OFFICE IS 330-454-7700 OR TOLL FREE 800-366-4313