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Post-operative Extraction Instructions

- **SWELLING:** Puffiness and swelling may occur at times; this is normal and is no cause for alarm. Place cold towels or an ice bag to your face for the first 6 to 8 hours. Leave it on for fifteen minutes, then off for fifteen minutes. You may notice more swelling on the second day, but this should decrease by the third and fourth days.
- **BLEEDING:** It is normal for the saliva to be slightly streaked with blood for about 1 to 2 days. If abnormal bleeding occurs, place a piece of moist gauze over the extraction site and bite down for 30 to 45 minutes. Keep fingers and tongue away from the socket. (Remember: a lot of saliva and a little blood may look like a lot of bleeding.) If you feel there is more bleeding and the area is not clotting bite on a dry tea bag. The tannic acid in the tea bag will clot the wound.
- **RINSES:** Do not rinse mouth until the following day. On the morning following surgery, rinse mouth thoroughly with diluted mouthwash or Hydrogen Peroxide mixed half and half with water, if needed.
- **DIET:** A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Avoid drinking with a straw for the first 48 hours. Smoking and consumption of alcoholic beverages should also be avoided during the first 24 hours.
- **SLEEPING:** Keep your head elevated with 2 pillows while sleeping.
- **MEDICATION:** Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:
 - **All medications may produce allergic reactions and/or side effects.**
 - **Narcotics will impede driving, using machinery, and mental alertness.**
 - **Antibiotics may negate birth control medications. Use alternative methods.**
- **REMINDER:** Blood and other bodily fluids may be infected with a number of viruses or bacteria, therefore you should use caution with anyone contacting the open wound.
- **DISCOMFORT:** Sometimes it is normal for the discomfort to be worse the third and fourth day following an extraction.
- **CONCERNS:** If you have any questions or concerns, please do not hesitate to call the office at **(617) 364-5500**.