

# Extractions

## Post-Op Instructions

Bite with light, steady pressure for 30 minutes to an hour on the gauze that we placed in your mouth today. Mild bleeding after an extraction is normal. If you still have bleeding after 3-4 hours, raise your head higher than the rest of your body. Then bite with firm pressure on a moist gauze pad or wet tea bag for 20 minutes. If bleeding does not stop, please call our office at 334-687-0088.

- Do not rinse or spit for 24 hours after surgery.
- Keep fingers and tongue away from socket or surgical area.
- Use ice packs on surgical area (side of face) for first 24 hours. Apply ice 20 minutes on and 10 minutes off. Bags of frozen peas work as well.
- For mild discomfort, take Tylenol or Ibuprofen every three to four hours.
- For severe pain, use the prescription given to you.
- Drink plenty of fluids. DO NOT USE A STRAW.
- If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles, as well as the use of warm, moist heat to the outside of your face over these muscles.
- Diet may consist of soft foods, which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, chips, etc.
- We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a "dry-socket," which is an undesirable side effect.
- After 24 hours, some mild bleeding may persist. Continue to take your medication if pain persists.
- You may expect swelling for ten days to two weeks and a fever of 99°F to 100°F.
- 24 hours after surgery, rinse mouth gently with a solution of ½ teaspoon of salt dissolved in a glass of warm water. Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris from the socket area and thus helps prevent infection and promotes healing. Mouthwash can be added for better taste.
- After 24 hours, brush tongue with a dry toothbrush to keep bacteria growth down but be careful not to touch the extraction site. Resume your regular toothbrushing but avoid disturbing the surgical site so as not to loosen or remove the blood clot.
- If you have heavy bleeding, severe pain, continued swelling for two or three days, or reaction to the medication, call our office immediately.

*Thank you for choosing Dr. Johnston for your extraction needs! If you have any questions or concerns, please call our office at 334-687-0088.*