



Post-Operative Home Care Instructions for Extractions

Important:

Proper care of the surgical sites can reduce complications and speed up healing. DO NOT operate machinery or use alcoholic beverages while taking prescribed pain medications. Birth control pills can become ineffective with concurrent antibiotics intake. Other birth control methods should be used until next menstrual cycle.

Day 1:

- Discomfort: It is normal to experience some discomfort after the anesthesia wears off. If medications have been prescribed, take as instructed and if possible, before pain sets in.
- Swelling: If the teeth were surgically extracted, swelling is expected. This is NOT an infection. Apply ice packs on face for 30 mins on and off as often as possible. Stack up a few pillows during sleep tonight to elevate the head, as this will minimize swelling.
- Bleeding: Mild oozing from the sockets is expected. Maintain firm pressure over the wound by biting on the gauze for 30 mins. Repeat as needed until no active bleeding is observed. Biting on a moistened teabag is also a good alternative
- Eating: Nutritional diet and fluid intake is good for healing. Chewing may be difficult, so take in soft diet like pasta, mashed potatoes, and soup. Avoid drinking through straws for 2 days.
- Oral Hygiene: Gentle rinsing with warm salt-water is advised. Avoid brushing or spitting tonight to prevent the clot from being washed out.
- Activities: Avoid smoking, alcohol and excessive physical activities. Normal activities like work and school can be assumed tomorrow if tolerated.
- Nausea & Vomiting: Swallowed blood or certain medications can upset stomach. Control the bleeding with gauze pressure. Take the medications along with food or temporarily stop them.

Day 2 and 3:

- Discomfort: Continue medications as needed.
- Swelling: Continue ice packs. Swelling will be most noticeable on day 3.
- Bleeding: Traces of blood may still be present. On rare occasions, bruising on the face may develop. This is due to blood trapped under the skin. This should go away in a few days. Gentle massaging of the area will help.
- Eating: Go back to a normal diet as tolerated.
- Oral Hygiene: Resume brushing as tolerated. Continue warm salt-water rinses.

Day 4 thru 7:

- Discomfort: Continue medications as needed. On rare occasions, severe pain radiating to side of jaw with a foul odor may develop in the sockets. This may be a “dry socket”, which is delayed healing. Call the office for treatment if the pain becomes intolerable.
- Swelling: Swelling should slowly resolve and disappear by day 7.
- Eating: Go back to a normal diet as tolerated. Rinse out any food debris that may be trapped in the healing socket after every meal until the tissue flattens out in a month.
- Oral Hygiene: Normal brushing and flossing should be resumed.
- Jaw Opening: This may be due to muscle spasm from the swelling. If you have a limited opening, start exercising the jaw by gently opening and closing it. Use a warm towel over the side of the face while stretching.

- Reminder: Please report any signs or symptoms of COVID-19 within the next 14 days