

POST OPERATION GUIDE

After your extraction(s):

Day 1

- Expect some initial swelling, oozing of blood, and some bruising in the area of the extraction. This is normal after a tooth is extracted.
- If bleeding a lot later today, fold a gauze square two times and dampen with water and bite down with steady pressure on gauze for 30-45 minutes; this should stop bleeding.
- A tea bag can also be used - run under cold water and bite down on the tea bag with steady pressure for 30 minutes.
- Ice can be used 15 minutes on and 20 minutes off to help with any swelling.
- Skip brushing teeth today only and no rinsing today.
- Do not use straws, avoid forceful spitting, do not smoke for at least the next 48 hours. These measures are to help prevent a dry socket.

Day 2

- Start gentle warm salt water rinsing after every meal and before bed. Continue for at least the next week.
- Start brushing teeth like normal, being careful around extraction sites.

General

- Any stitches placed will dissolve in 5-7 days or sometimes sooner. Being able to feel “tag ends” is normal.
- Avoid heavy lifting and strenuous activity/exercise for the next 48 hours.
- Soft diet for the next few days.
- If after 2-3 days the pain is getting worse and/or swelling is increasing contact our office for further evaluation.

Warning Signs

- Contact our office if you are experiencing a fever, uncontrollable pain, uncontrollable bleeding, and/or an increase in swelling.