



## TOOTH EXTRACTION POST-OPT INSTRUCTIONS

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process.

### THINGS TO AVOID FOR THE FIRST 24 HOURS:

- Avoid vigorous physical exercise, but you may return to work depending on how you feel.
- Avoid drinking through a straw or sucking motions.
- Do not smoke. It's better to refrain for 4 days.
- Avoid drinking alcoholic beverages, it will retard the healing process.
- Avoid food that is extreme in temperature or spicy.
- Avoid using any strong mouthwashes that contain alcohol.
- Do not brush the day of surgery. You can begin brushing the next day, but do so carefully.
- Do not use a rotary toothbrush if bone graft is placed- wait for 3 months

### ITEMS IN YOUR BAG TO TAKE HOME

- Antibiotics  
Keflex Prescription- take it 3 times a day for the 7 days to prevent infection. 2 hours after taking each pill, take a Probiotic to replenish the good bacteria in your body. (A spoon full of Activa yogurt)
- Dexamethasone (10 tabs)  
Helps with healing. You will feel a lot better if you take this medication. Take 4 tabs (at once) the day of surgery, 3 tabs the 2nd day, 2 tabs the 3rd day, 1 tab the 4th day.
- Pain Medications
  1. Motrin 800mg Prescription- Anti-inflammation and Pain medication. Take this during the day. Take it as needed for pain every 6-8 hours.
  2. Tylenol #3 Prescription- Strong pain medication. DO not drive with this medication. It is used when you are at home resting. Take it as needed for pain every 4-6 hours.
  3. Motrin 800mg (4 tabs)
  4. Tylenol 500mg (4 tabs)  
You should begin taking pain medication before the local anesthetic begins to wear off. For moderate pain, Motrin 800mg (1) with Tylenol 500 (1) every 6-8 hours. For more significant pain, Tylenol #3 should be taken as directed. As these medicines are often irritating to the stomach, it is usually best to have eaten solid food prior to taking the medications in order to minimize the irritating effect of the medications.
- Bottle of Chlorohexidine  
Avoid all rinsing or swishing for 24 hours. After 24 hours, you may begin gentle rinsing with Chlorohexidine solution. It can be used 2x a day for the next 2 weeks. Be sure to rinse for at least 30 seconds, and then spit it out. Start brushing your teeth the day after surgery, but not around the surgical site. Use a Q-tip dipped in Chlorohexidine to clean the teeth right next to the surgical site.
- Gauze  
Excessive bleeding (your mouth fills up rapidly with blood) can usually be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding



or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times. If you are going to bed, remove the gauze- we do not want you to swallow the gauze. If significant bleeding continues please call the office for further instructions.

- **Ice Pack**

Swelling is a normal occurrence after surgery. An ice pack should be placed on your face near the surgical site for 15 minutes at a time (15 minutes on, 15 minutes off). You need to activate the ice pack by squeezing the pack hard and then shaking the bag to mix the contents. As best you can, repeat this on/off cycle during the first day of surgery. Cold application should only be performed during waking hours. If you do swell after 2 or 3 days, use heat (heat pad) for 20 mins on and 20 mins off to reduce the swelling.

**DO NOT DISTURB THE AREA:**

For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Please avoid using a straw for a whole week. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.

**BLEEDING:**

When you leave the office, you might be biting on a gauze pad to control bleeding. Keep slight pressure on this gauze for at least 30 minutes. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times. If bleeding is not controlled with the gauze, use a tea bag over the extraction site because the caffeine in the tea bag can help reduce the bleeding. If this does not work, please give our office a call. After the blood clot forms, it is important to protect it especially for the next 24 hours.

**SMOKING:**

Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Also, the suction created when inhaling cigarettes can dislodge the clot. Smokers are at greater risk of developing a painful Dry Socket. Please avoid smoking for at least 4 days. If smoking is absolutely necessary, please use a wet gauze and place it over the extraction site before smoking.

**PAIN:**

Some discomfort is normal after surgery. To minimize pain, take pain medication before the anesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Maximum dosage for Tylenol is 4000mg in 24-hour period. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

**NAUSEA:**

This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.



**SWELLING:**

Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day only. Swelling can increase in the next few days. If swelling does increase, on the 3<sup>rd</sup> day, apply heat 20 mins on and 20 mins off.

**NUMBNESS:**

The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction causes residual numbness or tingling for the next few hours, days, or weeks.

**BRUSHING:**

Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days. Use a q-tip with Chlorohexidine to clean the teeth next to the extraction site during this time.

**RINSING:**

Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours, you may begin gentle rinsing with Chlorohexidine and/or warm salt water. Chlorohexidine can be used 2x a day for the next 2 weeks. Avoid commercial mouth rinses that contains alcohol.

**DIET:**

Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

**ACTIVITIES:**

After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

**ANTIBIOTICS:**

Take the antibiotic (Amoxicillin, Keflex, or Clindamycin) 3 times a day for 7 days. 2 hours after taking each Antibiotic, take a Probiotic or a spoonful of Activa yogurt to replenish the good bacteria. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

**SINUS:**

If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

**FOLLOW-UP APPOINTMENTS:**

Your next appointment will be in a week to check on the healing of the extraction. If sutures were placed, it will be removed around 3-4 week after surgery unless it falls off by itself.



**Please call your dentist if you have:**

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.