

## EXTRACTION POST-OPERATIVE INSTRUCTIONS

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**Bleeding** Bite down on the moist gauze for 45 minutes following the extraction. “Pink” saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any “blood clots” first. Then apply gentle pressure to the extraction site for 10 straight minutes with a soaking wet tea bag, moist gauze, or a clean moist washcloth. If the bleeding will not stop, call Dr. Tingey.

**Food** Stay on a soft diet for the first 3 days. Chew away from the extraction site and avoid any foods that would be more likely to get stuck in the extraction site, such as corn, popcorn, nuts and seeds. Avoid these foods for the first 4 weeks. For the first 3 days avoid hot foods and drinks. Consider a nutritional food supplement such as; instant breakfast drinks, Ensure, Slim-fast, etc. **Do not use straws for 10 days following the extraction.**

**Smoking** Do not smoke or use alcohol for 48 hours. Smoking significantly increases your risk of developing a dry socket. A dry socket results in severe pain and is not worth the risk. Dry sockets become painful about 3-5 days following the extraction.

**Exercise** Avoid strenuous exercise for the first 3 days. Strenuous exercise may increase post-operative pain and increasing bleeding and swelling.

**Swelling** Swelling is normal and will peak about 48-72 hours following the procedure. Use a cold pack on the face over the area where the procedure was done for 15 minutes and then off for 15 minutes. Continue this cycle for the first day. An ice pack can reduce the amount of swelling resulting in better healing and less pain.

**Cleaning** Use warm salt water rinses to keep the area clean. Please continue to brush and floss all other areas of your mouth normally.

**Pain Management** Take 800 mg Ibuprofen 3-4 times a day to manage the pain. Do not exceed 3200 mg/day. Please take the medication with food to help reduce any stomach pain. Do not use Ibuprofen if you have an allergy to ibuprofen or aspirin, or if you have a stomach ulcer. If prescribed, use the other pain medication as directed.

If you have concerns please call Dr. Tingey,

GREAT FALLS PERIODONTICS AND DENTAL IMPLANTS, PC

OFFICE PHONE: (406) 727-6232

CELL PHONE: (406)788-0723