



POST-OP CARE FOR DENTAL EXTRACTIONS

Day 1 -

Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT Spit, rinse, suck (using a straw), smoke, or drink carbonated or alcoholic beverages for at least 24 hours. The goal is to keep the blood clot in the socket to prevent bleeding and a painful complication known as Dry Socket.

Day 2 - You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in the jaw or ear, and sore throat. It is important to listen to your body and take it easy! Resting is an important part of recovery. No heavy lifting, spitting, sucking, alcohol, or smoking.

- **Oral Hygiene:** Brush gently. A gentle lukewarm saltwater rinse can be used to freshen your mouth. Again, do NOT spit; just let the fluid passively empty from your mouth. The corners of your mouth may become cracked and dry. Use ChapStick or other similar products such as Aquaphor to moisturize frequently.
- **Discomfort:** Over-the-counter pain medication may be taken as directed on the bottle to relieve discomfort. The suggested dosage in our practice is 600mg of ibuprofen every 6 to 8 hours or between 650 mg and 1,000mg of acetaminophen every 4-6 hours. These dosages apply to healthy average-sized adults. Do not overuse or misuse.
- **Swelling:** Apply a cold compress to the affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours. Please call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or a damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call our office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, Jell-o, pasta, etc. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opening wide. Just take it slowly.
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed until they are all gone, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed, take it as directed.

If you have any questions please don't hesitate to call our office at 972-355-2222 or our after-hours cell phone at 469-496-8808.