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SURGICAL EXTRACTION POST-OP INSTRUCTIONS

Gauze:

Keep gauze in place after extraction for 20 minutes. Replace with fresh gauze slightly moistened with water as needed. Keep firm pressure on it for the full 20 minutes. Remove gauze if you plan to sleep and place an old towel beneath your head. Rest with your head in an elevated position to decrease blood flow.

Ice Packs:

Ice is very effective for the first 24 hours to reduce swelling and discomfort. Place an ice pack on the cheek near the surgical area. Rotate 15 minutes on and 15 minutes off.

Bleeding:

You may experience light bleeding for the first 3 days. Remember that a little bit of blood mixed with saliva, looks like a lot of blood.

Swelling:

Swelling is normal and is the main cause of pain after surgery. Swelling typically peaks the third day after surgery. It can be reduced by applying ice packs to the side of your face for 10 minutes on each side and continuing use for the first 24 hours. Keep your head elevated on 2 pillows for 3-4 days.

Pain:

You may take 1-500mg Acetaminophen and 2-200mg Ibuprofen together every 4-6 hours.

Eating:

You will want to eat soft foods for the first couple of days. Soup, Jello and Protein shakes are all good options. You can progress to more solid foods as your healing progresses. No Dairy for the first 24 hours to keep the bacteria count low.

Brushing:

Avoid brushing the area for the first 24 hours. After the first 24 hours, you may gently brush the teeth and gums of the surrounding area. Do not brush extraction site or try rinsing it out. Gently roll water from side to side to see if the food will dislodge. Do not swish with water or mouth rinse forcefully.

Things to Avoid:

NO drinking through a straw – the sucking motion could dislodge the clot in the extraction site.
NO smoking for the first 72 hours – you may be able to pick up temporary nicotine patches at the pharmacy.
NO hard activity or heavy lifting – this increases the blood flow and could make you bleed excessively.
NO forceful spitting or swishing – gently roll any liquid from side to side.

Saltwater Rinses:

You may start rinsing with saltwater after 24 hours; ½ teaspoon with 1 cup warm water. Rinse after each meal and before bed.

Dry Socket:

This is when the clot that is forming in the socket is dislodged, and the bone is exposed. The bone will get infected, and a bad taste will form. The infected bone causes pain and a throbbing sensation. Please call our office if you experience any of these sensations.

Post OP: We will see you back in the office 14 days to remove sutures and check the healing. We will call in pain medication if needed; otherwise, Tylenol or Motrin is effective as a pain reliever. Please call us if you have any questions or concerns at either phone number above.