



Post Op Instructions for Dental Extraction(s)

1. **Do not disturb the area of surgery.** Allowing the tissues to rest undisturbed assists the healing process. Avoid vigorous chewing, excessive spitting, or aggressive rinsing.
2. **Remove cotton gauze packing every 30 min and replace with new cotton.** If it is saturated before 30 minutes, then go ahead and change it. If you check too frequently, (every few minutes), the blood clot will not form properly and bleeding will continue. Fold a couple of 2x2 cotton gauze squares (found in your packet) and place them directly over the extraction site, holding it in place with firm pressure.
3. **Expect minor bleeding or oozing.** If bleeding persists, continue pressure on a fresh gauze for an additional 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting.
4. **Limit physical activity** during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.
5. **Pain following Oal Surgery** may be most severe within the first 6-8 hours after the operation. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 48 hours. And mild discomfort usually diminishes after the third day. Please contact us if you experience prolonged severe pain so that we can help make you more comfortable.
9. **Swelling related to the surgical procedure** may occur following certain types of procedures. An ice pack should be placed on the side of your face for 10 minutes then taken off for 10 minutes and repeated. Anti-inflammatory medications, such as Advil, also help decrease swelling.
10. **Fluid intake is important.** Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups, or juices are all suitable. Avoid hot liquids until the numbness has worn off, and the bleeding has stopped. Drink plenty of fluids. **AVOID USING A STRAW FOR SEVERAL DAYS.** It may dislodge the blood clot and delay healing.
11. **Avoid alcoholic and/or carbonated beverages** for at least 24 hours after extraction.
12. **Food selection.** Soft, cool foods are most easily tolerated. A nutritious diet is most important to your comfort and temperament. Remember that eating can prevent nausea sometimes associated with certain medications.
13. **Do not eat any popcorn, poppy seeds, sesame seeds or seeded fruits.** They can get stuck and cause infection.
14. **Avoid smoking after extraction.** If you have to smoke, wait at least 24 hours after surgery. 48 hours is best.
15. Twenty four hours after the extraction, you can *gently* rinse with warm salt water and spit it out. Do this 2-3 times a day for a few days after your extraction.
16. If you have discomfort that is worsening and/or a foul taste/odor after a few days, call the office as this could be drysocket or an infection.

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