

## Extraction Post Operative Care Instructions

Keep your head elevated for the remainder of the day following surgery.

### Restrictions

On the day of your surgery **DO NOT** Brush your teeth  
Rinse your mouth  
Spit the blood out  
Suck through a straw  
Smoke for AT LEAST ONE WEEK after surgery

} You can resume these activities the day after your surgery. Just be gentle!

### Pain Management

Take prescribed pain medication as soon as possible after surgery. Take the first pill right away, and the second pill *three* hours later. Thereafter take your medication every four hours as needed for pain. Be sure to eat prior to taking the medication.

### Bleeding

When you get home, take the gauze out and look in the mirror to see if you are still bleeding. If you are not bleeding, DON'T put any more gauze in. If you see blood pooling over the sides of the extraction site, place a new piece of gauze in and bite down with firm pressure for 20 minutes. After 20 minutes, remove the gauze, check for bleeding again, and replace gauze as needed until the bleeding stops. Tea bags can be used in place of gauze for biting on. Minor "oozing" of blood from the extraction site is for 24-48 hours following surgery and is not a cause for concern.

### Diet

You will be on a restricted diet for two days following surgery. On the day of the surgery, limit your diet to cold, soft foods and liquids. The day after your surgery, you can have warm, soft foods in addition to cold foods and liquids.

### Cold/Warm Compresses

It is strongly recommended that you apply an ice pack to your face at the extraction areas at 20 minute intervals (20 minutes on, 20 minutes off) for as long as you can to reduce swelling. It is normal for your jaw to feel tight from icing. After 24 hours, apply a warm compress at 20 minute intervals for as long as you can. Moist heat will help relax your muscles.

### Warm Salt Water Rinses

Starting on the day after your surgery, begin rinsing with warm salt water after each meal and as frequently as you would like in between. Add 1/4 tsp. of salt to a cup of warm water, dissolve, and rinse gently with the salt water.

If you have had your lower wisdom teeth extracted, begin using the syringe two days after the surgery to gently irrigate any food out of the sockets. Irrigate with gentle pressure until all food is flushed out of the sockets.

As the tissues heal around the surgical sites, they may change color to a whitish color before they turn pink/red again. This is also a normal part of the healing process.