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**FAMILY DENTISTRY**

**EXTRACTION POSTOPERATIVE INSTRUCTIONS**

**DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hrs. and keep anything sharp from entering the wound (i.e. eating utensils, toothbrush, etc.)

**DO NOT SMOKE FOR 12 HOURS:** Smoking will promote bleeding and interfere with healing.

**NO BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After 8 hours, brush your teeth gently, but avoid area of surgery until fully healed.

**NO MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot, which is essential to have proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the clot. If the blood clot is lost, a painful condition known as DRY SOCKET may occur. *You may use warm salt water or mild antiseptic rinses after 24 hours only if prescribed.*

**DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.

Remember to avoid all noted above to avoid excess bleeding.

**BLEEDING:** It is normal for some blood to ooze from the area of surgery.

When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. One rolled up gauze will be placed on the extraction site and you will be asked to **change this dressing after 30 minutes**. You will be provided a package of gauze to use at home if bleeding should continue. If bleeding still exists during removal of gauze, use a fresh gauze pad and remember to roll it into a **large enough ball** to cover the wound. Hold firmly in place, by biting down or with finger pressure for about 20 – 30 minutes. **If bleeding still continues, you may fold a moist cold tea bag in half and bite down on it for 20 minutes.** Tea contains Tannic acid, a styptic, which may help reduce the bleeding.

**PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. aspirin, Tylenol etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. **If pain continues, call the dental office 631.669.1077.**

**SWELLING:** To prevent swelling, apply **an ice pack or a cold towel** to the **outside of your face** in the **area of the extraction** during the first 12 hours. Apply cold 20 minutes **on** then 20 minutes **off**, alternating for an hour or longer if necessary. **Never apply heat to initial swelling!**

**DIET:** Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. Be sure to chew on opposite side of wound area. **It is very important to drink plenty of fluids.**