

SURGICAL INSTRUCTIONS AFTER TOOTH EXTRACTION

Patient Name: _____
Last First MI Preferred Name

1. Immediately following surgery

You may have difficulty feeling your lips, cheeks or tongue due to numbness for a few hours due to local anesthesia. The length depends upon the amount & type of anesthetic used, & location of the injection. It is a temporary feeling & will wear off within 2 to 6 hours. Please take care not to bite your lips, cheeks or tongue. Following surgery a clot will form in the socket which is important for healing process. Avoid use of straw for 3 days Avoid engaging in strenuous activities for at least 24 hours. Avoid alcoholic beverages to prevent dissolving of clot. Avoid smoking for at least 7 days. The longer you avoid smoking, the better your healing will progress & lesser the pain experience.

2. Bleeding

A gauze will be placed at the time of the extraction over the site of the tooth or teeth removed. This pack should be left in place for at least 30 minutes after you leave the office. Do not chew on the gauze. There may be some oozing after the gauze is removed. If the site is still bleeding, place an additional gauze pack over the site. Apply moderate pressure by closing your teeth over the gauze. Maintain this pressure for an additional 30 minutes. If the pad becomes soaked with blood, replace it with a clean one as necessary. Remember to remove gauze before eating or drinking If heavy bleeding continues for more than an hour, call our office at 609-259-7061.

3. Medications

Some amount of discomfort is to be expected following. Take any painkillers prescribed to lower discomfort & inflammatory swelling. Any Antibiotics prescribed should be used completely as directed. DO NOT increase dosage unless directed to do so by the doctor. You can help reduce swelling and pain by applying cold compresses to the face such as an ice pack. If you have prolonged pain, swelling, bleeding, or fever, call our office where you may be directed to see your dentist or emergency room.

4. Diet

If possible chew on the opposite side of your extraction site. You should have soft foods on the day of surgery and the day following surgery which include ice cream, pudding, jello, yogurt, soup (lukewarm), pancakes, mashed potatoes, scrambled eggs, pasta, etc. Avoid temp hot, hard, crunchy foods that may disturb the extraction site for at least one week. After the 3rd day, you may eat anything you wish, unless specified by the dentist.

5. Brushing/Rinsing

Avoid all brushing, rinsing or spitting the day of the surgery. The day after your surgery, you may brush your teeth, but avoid brushing near the surgical site(s) for 3 days. Rinse with ½ cup warm water and a pinch of salt beginning 3 days after surgery for 7 days.

6. Dry socket

After tooth extraction, it's important for a blood clot to form to stop the bleeding & begin the healing process. A dry socket occurs when the blood clot is dislodged from the surgery site exposing the bone & fine nerve endings. This condition is more common in back teeth, particularly wisdom teeth, although it can occur in any extraction site. Dry socket occurs two or more days after an extraction and can last 5-6 days.

7. Follow-up appointment

You may be asked to return to our office for a post-operative follow-up visit 10-14 days following surgery. Please make every effort to return to have your surgical sites examined and if any sutures needing removal for proper healing.

If any unusual symptoms or any questions or concerns, please call us at 609-259-7061

Response Date: _____