

POST OPERATIVE INSTRUCTIONS – EXTRACTIONS

MEDICATIONS: Pain medication should be taken before the freezing wears off (1-2 hours). Antibiotics, if given, must be taken until finished. In general, take ibuprofen 400-600mg (2-3 regular strength tablets) every 6 hours until you sleep on the day of the surgery. Take as needed on the next day.

ICEPACKS/HEATPACKS: Should be used for the first 24 hours after surgery. They are placed on the face, over the surgical site, alternating for 10 minutes on and 10 minutes off. After that, moist heat (warm water on a towel) can be placed on the site in the same pattern (10 minutes on and 10 minutes off).

BLEEDING: To control initial post-operative bleeding, use tightly rolled gauze packs placed directly on the surgical site for 30 – 40 MINUTES. Pressure is applied by biting down firmly on the gauze. If that does not help, you can bite down on a moistened tea bag (standard black tea) wrapped in gauze. If bleeding persists, look in the mirror to locate the source of the blood and place direct pressure on the site with a gauze-wrapped finger.

SWELLING: Swelling will peak 2 days after surgery, and will gradually decrease over the following days. Bruising is very common and will disappear along with the swelling. Contact our office immediately if the swelling suddenly returns after the first week.

RINSING: No rinsing or spitting the day of surgery. After 24 hours, GENTLY rinse the extraction site with warm salt water using the water syringe given to you. **NUTRITION:** Drink plenty of fluids and eat a soft diet until your normal diet can be resumed. Avoid hot foods or drinks while your mouth is frozen. Straws should not be used, as they may increase bleeding

STITCHES: If stitches were placed, they will have to be removed in 10-14 days. They are not dissolvable. If one falls out, do not worry about it. If one becomes loose and is irritating to your tongue, call the office and we will schedule you in to remove the stitch.

DENTURES: In most cases, dentures are NOT to be worn until AFTER your first post-operative visit. In all cases, the doctor will determine when dentures can be worn depending on the degree of tissue healing.

EXERCISE: Exercise should be done in moderation during the healing period.

SMOKING: Abstain from smoking for at least 24 hours after surgery. Smoking inhibits blood supply and healing.

Please call the office (604-942-1006) with any concerns or questions.