



## EXTRACTION & ORAL SURGERY POST-OP CARE

- Reduce your activity as much as possible for several hours. Avoid eating, drinking & unnecessary talking. Do not rinse mouth or brush teeth. These activities may hinder formation of blood clot which is necessary for proper healing
- Do not be alarmed if your vision is blurred for a time following anesthesia or if a "black and blue" bruise should appear at the site of the injection.
- Follow the simple instructions below to minimize complications and help ensure prompt recovery.
- **To Control Bleeding:**
  - Immediately following procedure.... keep steady pressure on the bleeding area by biting firmly on the gauze placed by your doctor. Pressure helps reduce bleeding and permits formation of a clot in the tooth socket. Gently remove the compress and replace it with a fresh, folded gauze pad every 30 minutes or as needed.
  - After 24 hours some oozing of blood may persist, if necessary, resume use of sterile gauze pads or tea bags. After bleeding has stopped, cautiously resume oral hygiene.
- **To Relieve Pain:**
  - Immediately following procedure, begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off. Application of an ice bag can also help relieve discomfort.
  - After 24 hours....continue to take your medication if pain persists, use an ice bag if needed.
- **To Minimize Swelling:**
  - Immediately following procedure...apply an ice bag over affected area. Use 15 minutes on and 15 minutes off to help prevent development of excessive swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag with crushed ice. Secure end and cover with a soft cloth to avoid skin irritation.
  - After 24 hours it should not be necessary to continue with cold applications. However, contact your doctor for instructions on continued care if swelling persists or if fever develops.
- **Please DO NOT:**
  - RINSE, SPIT, SWISH or drink through a straw for 48 hours.
  - NO SMOKING!!!!
  - Make sure food and drink are room temperature, anything cold is best.

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