



## Post-Operative Instructions Tooth Extraction

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Sometimes the after-effects of oral surgery are minimal, so not all of these instructions may apply. Common sense will often guide what you should do. However, if in doubt, follow these guidelines or call our office for clarification. Our phone number is: 425-428-5888.

### DAY OF SURGERY

- **FIRST HOUR**

Bite down gently but firmly on the gauze packs placed over the surgical areas, ensuring they remain in place. Do not change them for the first hour unless bleeding is not controlled. The packs may be gently removed after one hour. If active bleeding persists, place new gauze to apply pressure over the surgical site for another 30 minutes. Gauze may then be changed as needed (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff it for more comfortable positioning.

- **EXERCISE CARE**

Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects. You may brush your teeth gently. Do not smoke for at least 72 hours, as this is very detrimental to healing and may increase your risk of dry socket.

- **OOZING**

Intermittent bleeding or oozing overnight is normal. Control this by placing fresh gauze over the area and biting down for 30 to 45 minutes at a time.

- **PERSISTENT BLEEDING**

Bleeding should never be severe. If it is, it may mean the gauze is not applying proper pressure to the surgical site. Reposition the gauze as needed. If bleeding persists or becomes heavy, you may use a tea bag (soaked in very hot water, squeezed damp-dry, and wrapped in moist gauze) for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

- **SWELLING**

Swelling is common after oral surgery. It can be minimized by using a cold pack, ice bag, or a bag of frozen peas wrapped in a towel and applied firmly to the cheek near the surgical area. Apply for 20 minutes on and 20 minutes off during the first 24 hours. If you were prescribed medication for swelling, take it as directed. Severe swelling of the neck or tongue is not normal and should be reported immediately.



- **BRUISING**

Bruising and discoloration are not unusual. Lower jaw surgery may cause bruising in the neck and chest. Upper jaw surgery may cause bruising around the cheek and lower eyelid. Bruising may improve with heat starting 48 hours after surgery. Use a warm, moist towel or washcloth for best results.

- **PAIN**

Some discomfort is expected after oral surgery. You will usually receive a prescription for pain medication. If prescribed, ibuprofen is typically best for controlling pain. Taking your first dose before the anesthetic wears off can help reduce discomfort.

Narcotic pain medication should only be taken if absolutely necessary. Some patients experience nausea with narcotics; taking medication with a small amount of food may help reduce this. Pain levels vary by individual, but the most severe discomfort is usually within six hours after the anesthetic wears off.

If you find yourself needing large amounts of pain medication at frequent intervals, please call our office. If you anticipate needing a refill for the weekend, you must call during weekday business hours.

Start pain medication after surgery once you have eaten. If antibiotics were prescribed, begin taking them six hours after surgery. Follow all pharmacy instructions carefully.

Nausea may be reduced by taking medication with food and drinking plenty of water. Stay hydrated and try to minimize excessive use of pain medication. Call us if symptoms do not improve.

- **DIET**

Eat nourishing foods that can be tolerated comfortably. Avoid extremely hot foods. Do not use a straw for the first week after surgery. It is often helpful, though not required, to stick to liquids or pureed foods for the first four days (soups, yogurt, pudding, milkshakes, etc.).

Avoid foods such as nuts, seeds, and popcorn that may become lodged in the extraction sites. After day four, gradually return to solid foods. Do not skip meals. Proper nutrition helps reduce discomfort and promotes healing.

Drink water after eating (even after juice) to help clear food debris and sugars from the mouth. If you are diabetic, maintain your normal diet or follow your doctor's instructions.



- **SHARP EDGES**

Eat If you feel hard or sharp areas in the surgical site, you are likely feeling the bone that previously supported the tooth. Small bone fragments may occasionally surface during healing. If they cause discomfort, please call our office.

## **INSTRUCTIONS FOR THE SECOND AND THIRD DAYS**

- **MOUTH RINSES**

Keeping your mouth clean after surgery is essential.

Use the Peridex rinse that was prescribed to you, following the directions on the bottle, starting the day after surgery. Only use Peridex for 5-7 days.

An irrigating syringe may have been provided to help clean the surgical site. If needed, it can be used beginning on day three after surgery to help remove food debris.

(The video shown to your escort states seven days. Please disregard that instruction and begin irrigation on day three).

The syringe may be used after meals, snacks, or drinks.

A small hole may remain at the surgical site for 3-6 weeks. It is important to gently flush this area regularly to remove food debris.

- **BRUSHING**

Resume your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may prevent vigorous brushing, but please make every effort to clean your teeth within the limits of comfort.

- **HEALING**

Normal healing typically follows this pattern:

The first two days after surgery are generally the most uncomfortable and swelling is common.

By the fourth day, discomfort usually improves, although swelling may still be present. At this point you may begin transitioning to a more substantial diet.



Healing should then progress with gradual and steady improvement.

If you experience increasing pain after day three or do not see continued improvement, please call our office.

It is our goal to make your recovery as smooth and comfortable as possible. Following these instructions will help, but if you have any questions, please call the office where your surgery was performed.

A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will result in a faster response.

PLEASE NOTE: Prescription refill requests are only accepted during office hours.

We wish you a smooth and speedy recovery.

Sincerely,  
The Adara Surgical Institute Team