



Post-Operative Instructions

Bleeding

Gauze has been placed in the extraction site to help control and eliminate bleeding. Pressure should be applied to the gauze by biting down for 30 minutes. This should stop any bleeding. If bleeding continues, 2 new pieces of gauze should be re-applied for another 30 minutes and repeated as necessary until bleeding stops.

To help prevent a reoccurrence of bleeding, it is important that you do not:

- Drink carbonated or hot beverages
- Smoke for 24 hours
- Suck through a straw
- Spit or rinse vigorously
- Physically exert yourself

It is a good idea to protect your pillow by placing an old towel or case over top as you may drool saliva and blood.

Swelling

You may notice some swelling following an extraction. This is to be expected. Apply an ice pack intermittently to the side of the face where the extraction was. Do not over cool the area, 15 minutes on, 15 minutes off. Keep repeating this cycle until the swelling subsides.

Rinsing

For today, try to avoid rinsing as we want to allow the blood clot to firmly establish itself for ideal healing. Beginning the next day, you will frequently rinse with warm saltwater, as this is excellent for healing. Do not rinse with any mouthwash like Scope or Listerine as they contain alcohol which could delay healing.

Food

During the first couple of days, a soft diet is recommended. Soup, milkshakes, and yogurt are an excellent choice. Avoid foods that are very hot, or cold. Try to chew on the opposite side of the surgical site.

Oral Hygiene

Please continue brushing and flossing as normal. Since the site may be tender try to gently brush over.

Medication

Discomfort is to be expected and will peak in the first 24hrs. Usually a good dose of Ibuprofen (Motrin or Advil, 400mg-600mg depending on your tolerance) every 4-6hrs will control any discomfort. If antibiotics were prescribed to you, it is important that you take them for that allotted time on the prescription, and until they are finished.

Dry Socket

A dry socket is a painful inflammation of the bone lining. It occurs most commonly in people who smoke within 3-5 days after the tooth has been removed. It is best to prevent dry socket by NOT SMOKING and carefully following the instructions above. If you feel you have dry socket, contact the office for treatment.

If you are experiencing unusual pain, consistent bleeding for more than 24hrs, or believe you have dry socket, please contact our office at (519)-471-3683. After hours, please reach Dr. Mostafa by texting him on his cell phone at 519-476-9334.