

Tyler E. Nelson, DMD, MD

Post-op instructions for extractions

1. When you get home, take out the gauze, have something to eat, and then take the pain medication. **Do not take pain medication on an empty stomach.**
2. If you are still bleeding, you can take 1 square of the gauze that was given to you, roll it up and place it in the area of extraction or you can use a moistened tea bag. Bite down with steady pressure for 1 hour to stop bleeding.
3. No rinsing or spitting today. Tomorrow you can brush your teeth and you can rinse lightly with warm salt water 3 to 4 times daily. Continue to do this for 4 days. You can use mouthwash 24 hours after surgery.
4. Stay on a soft food diet for about 7 days. (Yogurt, pudding, ice cream, soups, soft veggies, eggs, etc.)
5. No carbonated drinks (sodas or beer) for 3 days.
6. Do not use a straw for 5 days.
7. Use ice packs today, 20 minutes on then 20 minutes off of the area for the next 48 hours. If there is any swelling after 48 hours, use warm packs.
8. Do not smoke for at least 3 days.