



Post-op Care Instructions: Extractions

Immediate Care:

1. Place cold towels or an ice pack to your face for the first 6 - 8 hours. Leave it on for 15 minutes then off for 15 minutes.

2. Do not swish or rinse until the following day. Avoid spitting or sucking. No Straws! Avoid hot liquids.

3. Keep fingers/tongue away from the extraction site.

4. Do not bite or chew on numb mouth tissue.

5. Diet - A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Do not skip eating.

6. On the morning following surgery, you may rinse with warm salt water (1/2 tsp salt to a glass of warm water)

7. Take pain and prescription medications as directed.

8. Other instructions:

Bleeding:

> Some bleeding should be expected following the removal of teeth.

Sleep in a semi-reclined position and avoid physical activity for the first 72 hours. Remember, if bleeding start, bite down on gauze for 30 minute intervals to stop bleeding. If bleeding will not stop, call our office or Dr. Porter at (480) 823-9892

> If there is still slight bleeding at bedtime, it is a good idea to place a towel over your pillow to avoid blood stains.

Swelling:

> Swelling is normal and is the body's way of healing. Most swelling occurs 24-48 hours after surgery. Ice packs should be placed on the outside of the face for up to 36 hours, after which moist heat will aid in healing. If swelling or fever persists, call our office.

Pain & Prescriptions:

> Pain should be controlled with prescription medications or over the-counter medications. Avoid driving, alcohol, or working with machinery when on prescription narcotic pain medications. If pain does not subside in a few days, call the office.

> If antibiotics are prescribed, they should be taken as directed to prevent infection. If a rash or any allergic reaction occurs, discontinue use and call our office or go to the nearest 24-hour medical facility.

Numbness:

> Numbness of the lip, tongue, or anywhere on the face is usually temporary in nature. Be careful not to bite anywhere that may be numb. Call our office if numbness persists more than 24 hours.

Soreness:

> Corners of the mouth can sometimes crack, requiring ointment. Sore throat and pain of swallowing are not uncommon and dissipate with time. Jaw soreness is also common and will usually go away with time. Facial discoloration is normal and will return to normal with the use of moist heat.

Nausea:

> If nausea or vomiting occurs, do not eat. Treat the nausea with traditional over-the-counter remedies. If these conditions continue, call our office.

Hygiene Care:

> Keep your mouth clean. Brush gently around the teeth near the surgery and rinse softly as not to dislodge any clots. Vigorous mouth rinsing or touching the surgical site should be avoided.

> Occasionally bumps may occur near the extraction sites. Usually, these are root fragments or bony fragments which are easily removed.

> Most cases heal without incident. However, every single surgery is different, so if something does not feel right, just call.



Post-op Care Instructions: Dry Socket

Dry socket is the most common complication of an extraction. It develops in about 5% of tooth extractions. **Dry socket is a very painful** condition that is easily avoided.

A dry socket is any socket in which a patient is having pain due to the loss of the blood clot. Thus, exposing the bone to air, food, and fluids along with an offensive odor. This often occurs two or more days after an extraction and can last about 5 - 6 days. It is normal to have soreness and discomfort following an extraction. However, pain should be lessening by the second day.

A dry socket exists when a blood clot is dislodged from the surgery site. Therefore, exposing the bone and fine nerve endings. The blood clot helps in the stopping of bleeding and lays the foundation or framework for new tissue and bone to develop over a two-month healing process. This condition is more common in the mandibular area and in the back teeth due to poorer circulation in this area, with wisdom teeth being the most common site. Dry socket delays the healing process.

It usually takes gum tissue about 3 - 4 weeks to heal where as the bone can take up to six months to heal.

Dry Socket is most often found:

- In individuals who smoke before their recommended time of two weeks. Smoking decreases healing, decreases blood supply to the protective blood clot, brings toxic products to the area, injures the gum tissue and the negative pressure of sucking removes the blood clot from the surgery site.
- If you do not care for your extraction site as instructed by staff.
- Not following your home care instructions.
- Sucking action from smoking, sneezing, coughing, spitting, or sucking within the first 24 hours
- Women taking oral contraceptives are more susceptible.

Prevention of Dry Socket:

- Avoid drinking through a straw.
- Avoid Smoking. It contaminates the extraction site.
- Avoid excessive mouth rinsing. It interferes with the blood clotting.
- Keeping food from impacting in this area. Chew on the other side of your mouth and *gently* rinse your mouth with warm salt water after the first 24 hours.