

Post-operative Instructions for Extractions

1. **DO NOT SMOKE.** The heat, chemicals and suction from smoking are the primary cause for a dry socket. Any smoking in the first 48 hours after an extraction greatly increases the risk for developing a dry socket.
2. Avoid disturbing the wound at all costs. This includes spitting, touching or rinsing the day of surgery. The day after surgery you may lightly rinse with warm saltwater for comfort.
3. Continue to bite on surgical gauze for 45 to 1 hour after procedure. If bleeding persists bite on two new gauze for an additional 45 minutes. If this does not work, try biting on a moist tea bag for 30 minutes. Please remember that red saliva or small amount of “oozing” is normal. Please call the office immediately if you are still concerned after the above steps.
4. Any swelling may be controlled with an icepack placed on the affected region for 30 minutes. **DO NOT APPLY HEAT FOR ANY REASON.**
5. For pain, most procedures can be controlled by immediately taking over the counter Tylenol/Ibuprofen before anesthesia wears off. With the normal 200 mg tablet you may take 2-3 tablets every 4 hours to relieve pain. For more advanced procedures, please take prescription medications with printed instructions. Remember that prescription medication will cause significant impairments so **DO NOT DRIVE, WORK, or DRINK ALCOHOL.**
6. Please brush teeth normally; however, avoiding teeth adjacent to the socket. Again **DO NOT SPIT**, let fluids fall out of your mouth.
7. **DO** drink fluids to keep hydrated, but **DO NOT** use a straw as this could dislodge the blood clot.
8. Eat soft, cool food for the remainder of the day. Avoid hot, spicy or crunchy foods as they could interfere with proper healing.
9. Please follow all other instructions given during the day of your extraction.

If you have any other questions, please call

Slaughter and Slaughter Family Dentistry at 540-862-4495