

POST-OP CARE: EXTRACTION

1. **PAIN** – You will likely experience a certain amount of discomfort following the procedure. The doctor may prescribe pain medication for more severe pain. These medications can make you tired/sleepy so you should take precautions while taking them. For less severe pain or mild discomfort, an over-the-counter analgesic such as Advil or Tylenol should be adequate. We recommend 3 Advil (600 mg total) with 1-Extra-Strength Tylenol (500mg) every 6-8 hours.
2. **BLEEDING** – You may have some bleeding following the procedure. Your saliva may be blood-tinged for up to 48 hours. Apply pressure with a piece of gauze directly over the operative site. Change the gauze regularly until the bleeding subsides. Keep your head up and rest. If necessary, you can try wrapping a moist tea bag in gauze and bite down on it. Do this for several minutes.
3. **SWELLING** – To reduce ordinary immediate post-operative swelling, apply an ice pack to the outside of the face for the first 24 hours at intermittent/regular intervals. Prop your head on 1 or 2 pillows when resting. For some procedures, the outside of the face at the operative site may bruise as well.
4. **RINSING** – DO NOT rinse your mouth for at least 24 hours as this may stimulate bleeding. After a 24-hour period, you are encouraged to rinse gently 4-5 times a day with warm salt-water solution (1/2 teaspoon to glass of warm water).
5. **DIET** – For the first 24 hours, cool soft foods are encouraged. For the following week, avoid crunchy, chewy foods such as chips, popcorn, nuts, raw vegetables and apples, as well as spicy or acidic foods. Avoid using straws to drink beverages.
6. **ACTIVITY** – Avoid smoking for at least 5 days. Do not engage in activities that increase your blood pressure (hence promoting bleeding) for at least 72 hours.