



## EXTRACTION INSTRUCTIONS

### SWELLING

- Swelling is normal and may last up to a week.
- Keep your head elevated above your heart for the first 24 hours.
- Ibuprofen (Motrin or Advil) can be taken to help control swelling and reduce pain.
  - Always follow the directions on the medicine label.
- Apply cold packs 20 minutes on 20 minutes off for the first 24 hours.

### BLEEDING

- You may remove the gauze we placed 20 to 30 minutes after leaving our office.
  - If you are bleeding after you remove the gauze, dampen some new gauze, fold it in half, and bite down firmly for 20 to 30 minutes.
  - Your teeth should not touch when you are biting on the gauze. If they do, place more gauze.
  - You may repeat this process as needed.
- Bleeding may continue for up to 48 hours.

### PAIN

- You should begin taking your pain medication before your numbness has worn off.
- Take all prescribed and over the counter medication as directed on their label.
  - Do not drive, operate hazardous machinery, or drink alcohol while taking pain medication.
- Take your pain medications with food to help prevent nausea.
- If the pain medication prescribed to you is causing severe nausea or if you feel that it is insufficient, please call our office.

### RINSING

- Do not rinse aggressively for the first 24 hours.
- After 24 hours you may gently rinse your mouth with warm salt water.
  - Do warm salt water rinses after every meal.
  - Use 1/2 teaspoon salt in a large glass of lukewarm water.
- You should start gently brushing your teeth the day after surgery, being careful in the areas where surgery was performed.
  - You can soften your toothbrush in hot water before brushing.

## DIET

- Eat softer foods for the first week such as pasta, eggs, soup, pudding, and soft cooked vegetables.
- For the first few days:
  - Avoid super hot, super cold, acidic, and spicy foods.
  - Avoid crunchy foods such as popcorn, nuts, chips.
  - Avoid things with tiny seeds in them like strawberries and raspberries.
- Return to normal foods as soon as you feel comfortable.
- Do not drink through a straw, suck on candy, or spit repeatedly for the first 24 hours.

## SUTURES

- Dissolvable sutures should only last about 2 weeks.
- If non-dissolvable sutures are placed, call our office in 5 to 7 days to schedule suture removal.

## SMOKING

- Do not smoke for 1 to 2 days following surgery.

Please call our office immediately to let us know if we need to make you a replacement.  
(208) 529-4484

