

POST-OPERATIVE INSTRUCTIONS AFTER TOOTH EXTRACTION

After a tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. Although we may have placed a dissolvable material in the extraction area to assist with clotting, it is recommended that you firmly bite on a gauze pad or tea bag for 10 to 45 minutes following the procedure. You should change the gauze pad or tea bag every 12 to 20 minutes until the bleeding slows down.

After the blood clot forms, it is important not to disturb or dislodge the clot, especially for the first 24 hours. Do not smoke, suck through a straw, rinse vigorously, or brush near the extraction site for 1 to 2 days.

Reduce exercise for the first 24 hours.

To reduce swelling, place an ice pack on the face and around the surgical area. Swelling should subside in 2 to 3 days after surgery.

To minimize pain, take medication such as Tylenol, Advil or Motrin. In some cases, prescription pain medications may be prescribed. Please take only as directed with a full stomach, and do not drive or operate machinery. If antibiotics are prescribed, take as directed with a full stomach and continue to take them for the indicated length of time.

You may gently rinse your mouth with warm salt water three times a day (one teaspoon of salt in one cup of warm water, rinse-swish-spit). Rinsing after meals will help preventing food from accumulating in the extraction site.

Drink lots of fluids, and eat soft food on the opposite side from the extraction site. Avoid alcohol beverages, hot and spicy foods. You may resume normal eating as soon as you are comfortable.

If absorbable suture (stiches) were placed they will dissolve in 1 to 2 weeks. If non-absorbable sutures were placed, please be sure to keep your follow-up appointment for removal.

Dry socket: a "dry socket" is when the blood clot fails to adhere to the bone. This condition creates a delayed healing in the extraction site and presents symptoms such as pain in the ear, chin, adjacent teeth, and jaw. The discomfort usually begins on the third to fourth day after the extraction and can last for many days. The cause of a dry socket is unknown, but it can be attributed to the difficulty of the surgery, increased age, infections, medications (such as birth control pills), and smoking. Please call the office if you believe you have developed a dry socket.

Contact the office immediately if you have heavy uncontrolled bleeding, severe pain, continued swelling after 2 to 3 days, or reactions such as diarrhea to the medications prescribed.

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If you were under IV Sedation, do not drive for at least 24 hours after surgery. Do not operate heavy machinery. Do not drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications. **DO NOT SMOKE FOR AT LEAST 3 WEEKS AFTER SURGERY. Do not pull lip to visualize, this may rip the sutures the doctor may have used. It is important to not smoke, use a straw or rinse you mouth vigorously. These activities could dislodge the clot and slow down healing. Limiting your activity for the next 24 hours keeps your blood pressure lower, reduces bleeding and helps the healing process.**

In case of an emergency call the office Mondays & Wednesdays 7:00AM-6:00PM, Tuesdays & Thursdays 7:00AM-5:00PM Fridays 7AM-2PM. All other times call the doctor's mobile number.
Dr. Jackson's mobile # 203-321-5078