

POST EXTRACTION INSTRUCTIONS

- BLEEDING:** Bleeding is generally under control immediately after the surgery is completed. A moistened piece of gauze has been placed over the wound and it should be kept there for 30 minutes. Extra gauze will be given in case bleeding persists. Biting on a tea bag may also be helpful if bleeding continues. The gauze or tea bag should be moistened with water before applying to wound.
- SWELLING:** Swelling is a natural part of the body's healing mechanism. Ice may be used throughout the day of surgery. Ice should be applied using 15 minute intervals (Ice on for 15 minutes/Ice off for 15 minutes).
- EATING:** Nutrition is extremely important to proper healing. Eat a softer diet consisting of high protein, high carbohydrate foods. (ex. High protein shakes, soups, Carnation instant breakfast, etc.) Do not skip any meals! Be sure to drink plenty of liquids.
- REST:** Physical activity is discouraged the day of surgery, try to rest for the remainder of the day.
- RINSING:** No rinsing or spitting for the rest of the day following your dental surgery. Warm salt water rinses (1/4 teaspoon salt in 1 cup of water) should be used the day after surgery (tomorrow) every 2-3 hours and should continue for several days afterward. The area should be soaked rather than actual vigorous rinsing.
- SMOKING:** Refrain from smoking as long as possible following your extraction. It has been proven that smoking interferes with proper healing.
- SUTURES:** If sutures (stitches) have been placed, they will need to be removed in our office 5-7 days following the extraction.
- HYGIENE:** Good oral hygiene is very important for proper healing. Avoid the surgical area for the first few days and then begin gently to brush the teeth in that area. Commercial mouthwashes may be helpful.

PAIN CONTROL FOLLOWING DENTAL SURGERY:

- Start with 400-600mg (2-3 tablets) of ibuprofen every 4-6 hours for the first 24 hours, then as needed. You could add 1 more ibuprofen (a maximum 800mg total dose) for the first day if needed.
- If the above is not adequate, then add 500mg acetaminophen (Tylenol) with dose of ibuprofen. This should only be done for 2-3 days.
- If the above is not adequate, call our office to be seen by Dr. Farrow.

Please call with any questions or concerns.

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Dr. Farrow (cell): 920-858-9542