

# Post Operative Instructions for Extractions and Oral Surgery

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**Day 1:** Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed.

- The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET

**Day 2:** You will most likely experience one or more of the following symptoms:  
Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy.  
**No heavy lifting, spitting, sucking, alcohol or smoking.**

- **Oral hygiene:** Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.
- **Discomfort:** Over-the-counter- pain medication (Ibuprofen, Aleve, and Tylenol) may be taken as directed on the bottle to relieve discomfort.
- **Swelling:** Apply cold compresses to affected area at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids.  
Avoid carbonated and alcoholic beverages.  
A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta.  
Nothing too spicy is recommended.  
It is normal to have a little tenderness while chewing and difficulty opening wide.
- **Stitches:** If you have received sutures, avoid playing with them.
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed **until they are all gone**, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed take as directed.

In case of any unusual disturbances, questions or any post surgical problems, please call the office.