

CASCADE FAMILY DENTAL CARE

Dr. Sridevi Vijayasekaran, DMD

Post Operative Instructions After Extractions

POST OPERATIVE INSTRUCTIONS AFTER EXTRACTIONS

ICE: Apply to area of surgery for a period of 15 minutes on and 15 minutes off for 8 hours to bring swelling down.

MOUTH RINSING: Do not rinse your mouth vigorously during the first 24 hours after surgery. Cool water may be used during this period if used gently. After the first 24 hours, rinse your mouth with warm salt water twice a day, mixing 1/2 teaspoon of salt to 8 oz of water. This should be done after each meal and before bed. This should be continued for 7-10 days.

DIET: Avoid eating until numbness from the anesthetic has worn off. Try to eat soft foods, such as: scrambled eggs, mashed potatoes, milk shakes (with a spoon) for the first 24 hours. Avoid small foods such as nuts that may get into the extraction site. Maintain a high level of fluid intake.

BLEEDING: Bite into gauze to control most bleeding. You may use a moistened tea bag. The site may continue to lightly bleed or ooze for several hours after a surgery. If bleeding is moderate to heavy and cannot be controlled, please contact our office, or if after office hours please go to the emergency room.

MEDICATIONS: Pain medications should be taken as needed. All antibiotics prescribed should be taken until gone regardless of how well you may be progressing. otherwise serious infection may result. If you are having uncomfortable side-effects from the antibiotics, please contact our office, or if after hours please go to the emergency room.

TO REDUCE THE CHANCES OF DRY SOCKET; THE FOLLOWING MUST BE AVOIDED FOR AT LEAST 48 HOURS:

- DO NOT SMOKE
- DO NOT SPIT
- DO NOT SUCK ON A STRAW OR CANDY
- CARBONATED BEVERAGES AND ALCOHOL

SUTURE REMOVAL: Sutures, if placed, will dissolve on their own (unless otherwise specified).

COMPLICATIONS: If you have any questions or become alarmed at any time, please contact your dentist. It is important to promptly report severe pain, an increase in swelling, or uncontrollable bleeding which occurs after the first 48 hours. If you cannot contact us and an emergency arises, report to the nearest emergency room.