



Dr. Kula, Dr. Kirsh & Dr. Lo

POST-OP INSTRUCTIONS

Tooth Extractions & Oral Surgery

1. BLEEDING

Some bleeding is normal for the first 24 hrs. If so, apply pressure to the site by biting firmly on damp gauze for 20 mins; repeat as necessary. Limit physical activity for the first 2 days.

2. SWELLING

Swelling is the body's normal reaction to surgery and healing, which peaks at 48-72 hrs. Icing 20 mins on and 20 mins off may reduce swelling.

3. PAIN

Some discomfort is expected, which lasts for 5 to 10 days. If you are able to, pain from simple extractions can be relieved by over-the-counter medications:

- Ibuprofen (e.g. Advil®, Motrin®) 600 mg every 6 hours; and/or
- Acetaminophen (e.g. Tylenol®) 1000 mg every 6 hours

for the next 2 days, then as needed for pain. For more complicated extractions, a prescription has been given, please follow the directions. It is important to finish ALL antibiotics.

4. DIET

Drink plenty of fluids and eat softer foods for the first 2-3 days. Avoid crunchy items, which may get lodged in the extraction site and delay healing. Refrain from using a straw for the first week.

5. ORAL HYGIENE

Today, avoid brushing, rinsing, or spitting to prevent the clot from dislodging. Tomorrow, rinse 3 times a day for a week with warm salt water (half a tsp of salt in half a glass of water).

6. SMOKING

Avoid smoking for the first 24 hrs as it can cause infection and delay the healing process.

If you have any questions or concerns, please do not hesitate to call or e-mail our office.