

# The Teeth Doctors

## Extraction Post Op Instructions

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Follow these steps to heal more quickly after dental surgery.

**Bleeding:** minor bleeding is expected for up to forty-eight hours following surgery. Reduce bleeding by applying pressure to the area using a gauze, washcloth, or teabag for approximately forty-five minutes.

**Brushing:** patients are advised to continue maintaining oral hygiene after surgery. Care should be taken to avoid brushing in the immediate surgical site. Do not brush one to two teeth in front and behind the surgical site.

**Eating:** consume soft and cool foods such as yogurt, mash potatoes, macaroni, eggs, ice cream, or fish. Avoid chewing on the same side where the procedure was rendered. Avoid eating foods that are hard, hot, and/or crunchy. Such foods can have a negative impact on the existing wound and its ability to heal.

**Swelling:** minor edema is common following a surgical procedure. Apply ice packs as needed to area of concern. Avoid sleeping on the side of surgery to prevent pressure edema. Swelling should not extend beyond the immediate surgical site. If swelling extends to the neck, nose, cheeks, ears, and or eyes, seek immediate help.

**Smoking:** should be avoided following any and all surgeries. Smoking greatly reduces blood supply which is extremely important for healing and prevention of dry socket. No remedy exists to reverse the negative effects of smoking on an open wound. Patients should be aware that the choice to smoke following surgeries will void any guarantee of procedural success. Any re-treatment and/or post-operative management will be directly billed to the patient.

**Sutures:** are often used to secure graft materials and or close tissues following surgery. The amount of time a suture remains in your mouth and the type (resorbable or non-resorbable) will be determined by your provider. If a suture prematurely loosens, contact your provider for further instructions. Avoid pulling and/or playing with edges. This may cause early failure of the material.

**Infection:** can occur following a surgery. Several signs of infection include fever, foul smell, swelling, discoloration, and/or pus. If any such conditions develop during regular business hours, phone the office to schedule an appointment with your provider. If these conditions occur after hours, visit your local urgent care or health care facility for evaluation.

**Pain:** most dental pain can typically be managed without the use of narcotics. Motrin (Ibuprofen) and Acetaminophen (Tylenol) are the primary medications recommended by the American Dental Association for elimination of odontogenic (tooth) pain. Some contraindications exist for the consumption of Motrin if a person has kidney dysfunction, uncontrolled diabetes, and/or is already taking NSAIDS. Your provider will discuss and recommend the best medications following surgery.