

If you have questions, don't hesitate to call our office.

- The gauze pad should be placed directly over the surgical site and should be kept in place for a half hour/hour at a time by biting firmly on the gauze. The less you disturb the area the better. Discontinue using the gauze when it comes out light pink or clean. Remove the gauze when you eat and drink. Re-apply when finished, only if needed.
- If you were given any prescriptions, **please take all prescriptions as directed.** Ibuprofen or over-the-counter pain medication should be started as soon as you get home and have something to eat. Ideally, pain medication should be started before the numbness has worn off to decrease the chances of unwanted discomfort.
- **Women please note:** Some antibiotics may interfere with the effectiveness of your birth control. Check with your pharmacist or Primary Care Physician if you have questions or concerns.
- If you have stitches, they will dissolve and fall out on their own (unless otherwise directed by the doctor). They may last anywhere from two days to one week.
- Swelling is a normal. To minimize swelling, keep your head elevated by sleeping in a recliner chair or in bed with pillows propped behind your head and back. Apply an ice pack to the outside of the cheek in the area of surgery for a half hour/hour at a time for the first two days (48 hours). From day three, use warm compresses or a heating pad.
- Cool, soft food are recommended. The more you eat and drink the better you will feel. No hot foods or hot liquids until the numbness is gone. Once the numbness has worn off you may have whatever you are comfortable eating. Use your good judgement; certain foods might cause discomfort (hard, crunchy or chewy foods).
- No drinking through a straw, smoking, or spitting.
- Good oral hygiene is essential to good healing. Brush your teeth, being very gentle around the surgical site.
- If you were given a prescription for Peridex, start rinsing the evening of the day after surgery, twice a day for five days and then stop (unless otherwise directed by the doctor).

The first two to three days after surgery you should keep your activity level to a minimum.

- After extractions, having discomfort for up to a week is normal, as long as each day you are improving.
- There is no need for a post op visit unless your pain increases beyond day 4.

The following conditions may occur (all of which are considered normal):

- Stiffness of the muscles may cause difficulty in opening your mouth for a few days.
- A sore throat may develop and last for a few days
- Your adjacent teeth may ache. This is referred pain and is temporary.
- If the corners of your mouth may become dry, keep moist with the provided lip balm
- There may be a slight fever for 24 to 48 hours.
- It is not unusual to develop bruising in the cheeks and chin.
- There will be an empty space where the tooth was removed. This space will fill in with new tissue. In the interim, the area should be kept clean by brushing regularly and rinsing with salt water after meals. You may use the provided syringe to keep the area clean starting post-op day.