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### *Post-op Instructions- Extractions*

*The following instructions will help minimize discomfort, and reduce the risk of developing a dry socket or infection.*

**DO NOT SMOKE** for 72 hours following surgery. This can lead to dry sockets, which can be very painful.

**DO NOT DRINK THROUGH A STRAW.**

**DO NOT SPIT.** After brushing teeth, lean over the sink and let the toothpaste run out of your mouth.

**DO NOT RINSE MOUTH FOR 24 HOURS.** After 24 hours from surgery, you may rinse lightly with warm salt water. This will help to keep any food particles from the extraction site. Use  $\frac{1}{2}$  tsp of salt to a glass of warm water.

**BLEEDING:** Following extractions, bleeding is normal. Keep biting pressure on gauze to help to stop the bleeding. This may take  $\frac{1}{2}$  hour to a few hours. If persistent bleeding occurs (continually filling the mouth with blood) please call our office.

**SWELLING:** Place ice pack (or ice in towel) on area outside of face where surgery took place. Repeat for  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  hour off for up to four hours.

**PAIN:** Take prescribed medication as instructed. If you do not have a prescription, you may (unless you are allergic) take ibuprofen (Advil) up to 800mg every 6 hours.

**EATING:** Eat what foods are comfortable for you. You may find that softer foods are easier until more healing has occurred. **DO NOT EAT** until the anesthetic has worn off. Do not drink hot, carbonated, or alcoholic beverages. Avoid hot and spicy foods.

It is normal to feel some discomfort for a few days following an extraction. Call us immediately if symptoms are severe or persistent:

- Heavy or increased bleeding
- Pain or swelling that continues beyond 2-3 days
- A bad taste or odor in the mouth
- A reaction to medication