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Post-Operative Instructions for extractions.

Bleeding: You can expect bleeding or “oozing” for the first 12 to 24 hours. Place moist gauze over extraction sites and maintain pressure for 30- 45 minutes. A tea bag will work as well. Repeat as needed. Keep your head elevated and rest. Do not suck or spit excessively.

Note: some “oozing” and discoloration of saliva is normal

Ice-Packs: Place ice or cold compresses on the region of extraction for 30 minutes off and on.

Discomfort: Take medications as directed. Mild-to-moderate pain can be relieved by Ibuprofen and Tylenol. We recommend 400mg Ibuprofen with 500mg Tylenol. Do not alternate, take the combination of Tylenol and Ibuprofen, no longer than once every 6 hours.

Patients can expect increased discomfort for the first three days. Discomfort should start to ease after day four. If not, contact our office.

If antibiotics are prescribed, be sure to take them as directed until gone.

Rinsing: Do not rinse today. The next day patients can start rinsing with warm salt water. Remember to rinse gently and let it fall out of your mouth. Continue rinsing three-to-five times per day.

Activity: For the first 24-48 hours one should rest.

Diet: Patients should have a soft diet for the next few days. Avoid foods that are sharp and break into pieces.

Avoid: Patients should **avoid** smoking, alcohol, and straws during healing.

Contact the doctor if:

- Bleeding is excessive and cannot be controlled.
- Discomfort is poorly controlled.
- swelling is excessive, spreading, or continuing to enlarge after a few days.

If for some reason you are not able to get in contact with our office and it is a medical emergency go to the emergency room.