

Post-Operative Instructions

• Extraction/Socket Preservation

- Use ice packs 20 minutes at a time on and off for first 24 to 48 hours. Apply moist heat on the third day after procedure if swelling still persist. Swelling will increase 2-3 days and then should decrease over the next few days. The more restful you are, the less swelling you will have. Taking the prescription anti-inflammatory (**Diflunisal**) will help to reduce your post-op swelling if this has been prescribed to you. Over the counter (OTC) NSAID, **Ibuprofen 200mg**, taken in an 800mg dose every 6-to-8hrs will also reduce inflammation and post-operative discomfort and swelling if Diflunisal not prescribed. If pain is significant **1000mg of Tylenol** may be taken every 8hrs for greater pain relieve. If a narcotic is prescribed that contains Tylenol in any amount, refrain from taking additional Tylenol because doing so may cause liver damage. **Take prescribed medications as directed** and contact our office if any adverse reactions occur.
- **Remove gauze after the time instructed or when you get home after the bleeding has stopped. Always remove gauze** when eating or sleeping. **NEVER SLEEP WITH GAUZE IN YOUR MOUTH.** Some bleeding is expected; it can be controlled by gently biting for 30 minutes on a roll of moist gauze. If bleeding persist, moisten a tea bag; roll it in gauze, place it securely over the site and bite for 30 minutes. **Do not move around. Do not talk.** If bleeding does not stop, contact our office at (386) 428-2958 for further instructions.
- **Elevate your head and avoid bending** during the first two or three days after procedure. This will help reduce swelling. Swelling may increase gradually for 2-3 days after procedure. This is normal.
- **A soft diet** is mandatory for the first week after surgery. (Yogurt, clear soups, jello, mashed potatoes, smoothies). **Do not use a straw.**
- You may brush your teeth but avoid the surgical area. It is OK to use toothpaste. Rinse gently after each meal with warm salty water. **Do not use any mouth wash (disinfectants) unless prescribed or given in office, as it may burn the area of the procedure.**
- **No smoking.** This may delay healing process or compromise the surgical site. **No alcoholic beverages while taking medications.** No sun exposure. Do **Not** attempt to inspect your surgical site; this could open your wound. Do **Not** put fingers in your mouth as this may cause an infection. Do **Not** drive or operate machinery when taking narcotic pain medication. **Avoid heavy lifting and exercise** for the first four to five days after procedure.

