



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 persists. 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 persists, 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](tel:(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.