



### **Extraction Post-op Instructions**

- Do not rinse your mouth today. Tomorrow you can use warm salt water rinses (1/2 teaspoon salt to 8oz glass of warm water). Repeat this several times a day for the next 1-2 weeks.
- Swelling and stiffness in the jaw is normal. Place a cold towel or ice pack on your face for the first 6-8 hours. Leave it on for 15-20 minutes every hour.
- You may have suture(s) placed after having the tooth extracted. Keep your fingers and tongue away from the socket as to not disturb the area. We will need to see you back in 1 week to remove the sutures.
- Do not drink through a straw for 2 days. A soft diet is advisable during the first 24 hours after the extraction. It is recommended to avoid foods with small seeds, sharp foods (potato chips) and popcorn for the next week.
- Go as long as possible without smoking. It is best to avoid smoking for 1-2 days after the extraction. Smoking can increase your chance of getting a dry socket.
- It is normal for your saliva to be slightly streaked with blood for 24-48 hours after the extraction. If the bleeding becomes heavy, call the office ASAP and bite on gauze for 30-45 minutes. If you do not have gauze, you can bite on a moist tea bag. Office Emergency Line: 443.300.7936
- It is recommended to take 600-800mg Motrin every 6-8 hours for the next 3-4 days to help decrease your chance of swelling as well as to control pain. You may have also been prescribed a pain medication to take. If you do not want to take the prescription pain medication, you may also take 400mg Motrin (2 tabs) and 1000mg Extra Strength Tylenol (2 tabs) together every 4 hours as needed for pain.
- If you are wearing a denture or partial after the extraction(s), wear the appliance for the first 24 hours unless instructed otherwise. If the appliance is taken out prior to 24 hours, swelling could occur and you might not be able to wear the appliance until the swelling subsides.
- Limit physical activity/heavy lifting for the next 24 hours.