

INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

Hemorrhage:

Leave the gauze pack over the surgical site for two hours, changing every thirty minutes. Hold the gauze steadily in place with moderate biting pressure. Slight oozing is to be expected and may continue for several hours without need for alarm. If bleeding persists for more than two hours, wet a tea bag and bite to stop the residual bleeding.

Protection of Clot (Healing Extraction Site):

DO NOT SMOKE OR DRINK THROUGH A STRAW FOR AT LEAST 3 TO 5 DAYS. Avoid spitting the first 24 hours. These actions may dislodge the clot, which may lead to a dry socket or bleeding. This will prolong healing. It is advised that you swallow your saliva following the completion of surgery.

Swelling and Discoloration:

Some swelling and discoloration of the face and neck in varying degrees often follow surgical procedures within the mouth. Do not use an ice bag unless specifically directed. If prescribed antibiotics, be sure to take until gone (usually for one week).

Rinsing and Hygiene:

Do not rinse or use a mouthwash following surgery on the day of surgery. Starting the next day, rinse with Periogard (liquid antibiotic) or warm salt water (1/2 teaspoon of salt in 8 ounces of warm water) twice a day for 5 days.

Starting the day after surgery, clean your teeth carefully with a toothbrush and floss, avoiding the surgical site for 3 to 4 days.

Medications:

Following tooth extractions, some discomfort is normal. To minimize it, take the prescribed medication or 800 mg ibuprofen within 2 hours so they can take effect prior to the anesthetic wearing off. Take all medications as prescribed.

Diet:

Adequate food and liquid intake after surgery is most important. Try to eat as normal a diet as possible, but avoid abrasive foods. Chew on the side away from surgery. Avoid foods with small seeds (strawberries) and nuts.

Sutures:

If they are used, please follow Dr. Meister's advice regarding removal.

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