



—CENTER OF ENDODONTICS—
PERIODONTICS AND IMPLANTOLOGY

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POSTOPERATIVE INSTRUCTIONS FOR EXTRACTIONS

ICE

Apply ice pack to face on treated side for 20 minutes on and 20 minutes off until bedtime. Sleep with your head slightly elevated with two pillows.

SWELLING

Moderate swelling and possible discoloration is to be expected for 2-5 days. Use hot, wet soaks after second day if there is no bleeding present.

PAIN

Pain medication should be taken as directed, as needed for discomfort. Should extensive discomfort persist, please call any time. As you become more comfortable, you may substitute extra strength Tylenol. Ibuprofen may be used in conjunction with pain medication alternating every two hours as needed for pain.

ALCOHOL

Do not drink alcohol for 48 hours after surgery.

SMOKING

Please do not smoke following surgery. Tobacco smoke is an irritant to healing tissue and restricts blood circulation for good healing. Refrain from smoking for as long as possible.

ACTIVITY

We ask that you refrain from any strenuous physical activity the day of the surgical procedure and we prefer that you have a 'light day' the first day after surgery. After the first post-surgical day, let good judgment be your guide.

RINSING

Do not rinse today. Avoid extremely hot food and drink for the next 24 hours.

MOUTH RINSE

Start using the mouth rinse the DAY AFTER SURGERY, twice a day. It is very important to use the rinse to promote faster healing and to keep your teeth clean.

DIET

Drink LARGE glasses of liquid. **DO NOT drink through a straw.** You must eat nutritious foods in order to heal properly. See that your diet has soft, high protein foods, such as eggs, baked fish, chicken, turkey, vegetable, fruits, and soup. AVOID hard, sharp, spicy, salty, fried or very hot foods. Chew on the side opposite the treated area.

ORAL HYGIENE

It is important to keep your mouth clean. Brush your teeth well, but do not brush the treated side. Dip Q-tips in the mouth rinse prescribed and gently clean the gums and teeth that were treated today. A chlorhexidine mouthrinse will be prescribed. Please use as directed.

BLEEDING

Some slight bleeding will be experienced for the first 24 hours. If bleeding occurs, do not rinse. Moisten a gauze pad or an unused tea bag with warm water. Place it over the area and hold firmly for 10 minutes. Repeat if necessary.