

POST EXTRACTION INSTRUCTIONS FOR OPTIMAL HEALING AND RECOVERY

You just had minor surgery, be good to yourself while your body recovers 😊.

- Formation and maintenance of a blood clot are vital to the healing process. **Bite on moist gauze with firm pressure for 30-45 minutes after the extraction.** If the wound continues to bleed or ooze place a new moistened gauze and bite firmly for 30 minutes, (this may occur several times). Should bleeding persist, bite on a moistened black tea bag for 30 minutes. Black tea contains tannic acid which contracts your blood vessels and aids in clot formation. **Avoid vigorous exercise for 24 hours,** (increased blood pressure may cause bleeding).
- The formed blood clot should not be disturbed, dissolved, or dislodged for at least **72 hours.** **Avoid** anything that can cause negative pressure in your mouth, such as, **spitting, sucking on straws, smoking, or vigorous rinsing. Do not brush teeth adjacent to extraction site, consume alcohol, carbonated or hot beverages.**
- Pain and swelling are normal within the first 48 hours. Place a cold compress on your face near the site for 20 minutes, remove for 10 minutes and repeat as needed to reduce swelling (only within the first 36 hours). Bruising may appear over the next 48 hours. If pain worsens or swelling continues 3-5 days after extraction contact the office (306)986-5323. (*Dry socket occurs when the clot is dislodged, pain is felt at the site and possibly near the ear 4-5 days after extraction.*)
- Take pain medication as prescribed and finish course of antibiotics even if signs and symptoms are gone. If you experience mild discomfort please use Aspirin, Tylenol, or similar medications as directed. Anti-inflammatory ibuprofen (Advil or Motrin) can be taken every 3-4 hours. *It is a good idea to take one of these pain relievers before your freezing wears off.*
- Eat cautiously (and monitor children closely) while tissues remain numb to prevent biting lips, tongue, or cheeks. Drink lots of fluids and eat nutritious soft foods, chew on the opposite side until you feel comfortable eating normally. Avoid seedy foods that could get lodged in the wound site until the gums have completely healed over.
- Continue to brush and floss your remaining teeth, avoiding the healing site. To speed up healing **gently rinse with ½ tsp salt in ½ cup warm water 3-4 times daily.** You may want to premix and keep in a closed container at room temp for convenience.

You should feel fine in a few days and be able to resume normal activity.