POST ORAL-SURGERY PATIENT INSTRUCTIONS

**DO NOT RINSE YOUR MOUTH TODAY** if you need to rinse tomorrow do so very gently. Rinse with warm salt water and drain from mouth. (8oz glass of warm water with 1 teaspoon of salt) **NO FORCEFUL SPITTING.**

**DO NOT SMOKE FOR AT LEAST 72 HOURS AFTER YOUR EXTRACTION.** No smoking for a week is preferred. Smoking delays healing and increases likelihood of dry socket.

**AVOID HEAVY LIFTING FOR AT LEAST 24 HOURS.**

**AVOID DRINKING THROUGH A STRAW FOR 5 DAYS. AVOID CARBONATED BEVERAGES FOR 5 DAYS.** The carbonation in BEER and SODA can cause the blood clot to dissolve prematurely, which can lead to a dry socket. SPITTING, BLOWING, and USING A STRAW can all lead to a dry socket. (A dry socket is when you dislodge your blood clot, causing pain and delayed healing) You need to call our office if you have a dry socket, we can treat that with a medicine called dry socket paste.

**CONTROL THE BLEEDING BY BITING DOWN ON GAUZE PADS FOR THE NEXT 2 HOURS** changing the gauze every half hour. Small amounts of bleeding can continue up to 24 hours after surgery.

**REDUCE SWELLING.** Put ice in a Ziplock bag and wrap a thin dry towel around the bag. Apply to the affected area of the face 15 minutes on, 15 minutes off for the next 4-5 hours. Try to keep your head elevated, do not lay down flat or declined. Swelling will usually peak 3 days after your surgery.

**PAIN MEDICATIONS.** Use medications as needed as prescribed. Begin taking medication before local anesthetic wears off, but not on an empty stomach. If able, avoid taking Aspirin as it is a blood thinner.

*If you are able (children 12 and older), we recommend taking 400mg Ibuprofen and 500mg Acetaminophen (Tylenol) at the same time. This combination can be taken every 6 hours as needed for pain. Do not exceed the maximum dosage as labeled on the bottle.

**NUMBNESS SHOULD PERSIST FOR A FEW HOURS.** If numbness continues longer than a week, contact the dental office.

**FOOD** a light diet and softer foods are recommended. **STAY AWAY** from rice, popcorn, chips and nuts for 7 days. (Do NOT eat any hard or CRUNCHY foods that can get into your extraction site and cause infection)

**YOU STILL NEED TO KEEP YOUR REMAINING TEETH BRUSHED AND FLOSSED.** Be gentle when you’re next to the extraction site. Do not brush the extraction site.

**IF SUTURES WERE USED, EXPECT THEM TO FALL OUT ON THEIR OWN IN ABOUT A WEEK.** (Unless otherwise specified by the dentist)

If you have any question or problems with your extraction site call the Stockbridge Dental Office at 715-793-4149 or 715-793-5019. If we are closed and you believe your situation is an emergency, seek emergency medical or dental attention immediately.