






## Post Oral Surgery Instructions


 Where a tooth has been extracted, the bony socket has been cleaned of residual periodontal tissue and any tissue resultant of infection. Infected bone and affected bone have been removed. The area has been washed or irrigated thoroughly with sterile saline. All to assure the most complete healing.


 A gauze pad has been placed to provide a gentle pressure over the site. Hold it very still for 3 hours to provide a good blood clot. The body will organize the clot with blood vessels and fill it in with bone. If you disturb the clot and it washes out, it will heal at a slower rate.


 After 3 hours, you may remove the gauze. Be especially careful for three days not to disturb the blood clot in the extraction site. Avoid the urge to rinse or spit as these activities could remove the clot. Also avoid drinking through a straw or any other activity creating a vacuum in your mouth.


 Eat soft foods and simply leave the site alone. Even rice has pieces hard enough to dislodge a new blood clot. Tomato soup and yogurt have the right consistency.

 If there is bleeding of concern, or black blood clots forming in the mouth, place gauze over the area and bite down gently to provide pressure to stop the bleeding. Hold again for 3 hours. If there is concern or worry call our office.

 If there were sutures placed, please return to the office within 7-10 days to have them removed.

 Antibiotics are not routinely prescribed for extractions. If you are concerned that infection may be a complication, call our office.

 **Do not smoke or drink alcohol for 48 hours. These substances increases the risk of bony infection.**

 Ibuprofen (Advil) and Acetaminophen (Tylenol) are routinely prescribed for post surgical pain. For Ibuprofen use up to 800mg every six hours. For Acetaminophen use 1000 mg every four hours. These over the counter medications may be taken together for added pain relief.