

Instructions following extractions

- Depending upon the anesthetic used, patients will typically be numb for a few hours following an extraction. If numbness persists for more than 12 hours, please call our office/after-hours number.
- It is common to experience soreness in the jaw and extraction areas.
- Do not disrupt the blood clot around the extraction site. We want a blood clot to form and stimulate the healing process.
- Please *gently* rinse your mouth 3-4 times daily with salt water ($\frac{1}{4}$ tsp in 8oz water). Avoid forcefully rinsing your mouth during the healing process. The blood clot should remain intact. Avoid commercial mouthwashes containing alcohol during the healing period.
- Pain management is extremely important. For better healing, stay one-step ahead of your pain. We're here to discuss options with you.
- Smoking should be stopped following surgery to reduce healing time and increase the chance of a successful outcome.
- It is common to experience swelling following surgery. Please manage your swelling with a cold compress for 15 minutes on, 15 minutes off. Continue as needed for the first 24 hours.
- Starting on the 2nd day (or hours 24-48) you can use warm compresses to promote healing.
- Do not brush your teeth for the first night after surgery. This will help the blood clot form properly.
- Eat cool, soft foods for the first few days following surgery. Stay hydrated. Protein shakes, smoothies, and milkshakes are great options. Avoid alcohol while healing. Chilled foods and drinks should be eaten for the first 24 hours. Starting the 2nd day (or hours 24-72), introduce warm foods.
- Take plenty of rest after surgery. Avoid strenuous activity which may raise blood pressure for the first 24 hours.
- If antibiotics were prescribed, please take them as directed and be sure to complete the entire course.

- Be sure to follow up with us for the recommended post-op visits.

