

Extractions and Oral Surgery

Post-Operative Instructions

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- Do not disturb the blood clot within the first 24 hours following extraction.
- Do not spit or use a straw for at least 5 days as this can dislodge the blood clot.
- Do not smoke for the first 5 days as it can prolong healing time. Suction can dislodge the clot and you may develop a painful dry socket complication.
- **Bleeding:** Keep slight pressure on the gauze for at least 45 min after the surgery. After 45 min and once a good clot has been formed you may remove it. You may bite on another moist gauze for another 45 min if still bleeding. Do not sleep or eat with gauze in mouth. You may want to place a towel on your pillow at night to prevent soiling of your pillow. If persistent bleeding continues after several hours, do the following: 1) Rinse the mouth with warm water and gently wipe away old blood clots that appear outside the socket. 2) Cover the bleeding site with a moist gauze pad and bite down with constant firm pressure for 60 minutes 3) If there is still bleeding after a few more hours try placing a small moist tea bag over the area of surgery and bite with pressure for 60 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. 4) Keep head elevated and apply ice. 5) If bleeding persists, contact us.
- **Pain:** Discomfort after surgery is normal. Non-steroidal anti-inflammatory drugs such as ibuprofen help to prevent inflammation and therefore pain. They are best if taken before anesthesia wears off. Take prescribed medication as instructed on the label. Do not exceed dosage and take with food.
- **Nausea:** Often caused by taking pain medication on an empty stomach. Reduce nausea by taking it with soft foods, such as pudding or applesauce.
- **Swelling:** Swelling is expected. It may increase for the first 3-5 days then should subside within 7 days. It is important to ice the area for 20 minutes on 20 minutes off (repeat), as much as possible the first 48 hrs (except while sleeping). Use a moist heated towel 5 days after procedure for 20 minutes on 20 off. This will help with jaw movement and will help get rid of swelling and stiffness of muscles
- **Brushing:** Do not brush your teeth at all for the first 8 hours after surgery. After this, you may brush while avoiding the surgical site for 5 days.
- **Rinsing:** Do not rinse or swish for 24 hours after extraction as it could cause bleeding and risk of dry socket. After 24 hours, rinse with saltwater solution (½ tsp salt ½ tsp soda + 8oz warm water).
- **Diet:** Soft foods for the first few days is ideal. Avoid hard, acidic, spicy foods, such as popcorn, lemon juice, and hot sauce, etc. Maintain a good balanced diet. It is very important not to skip meals. Return to normal meals when ready. Stay hydrated drink

plenty of water. Ensure can be used to make up the lack of solid food intake. If you have diabetes, maintain your diet and check blood-sugar levels frequently.

- **Activity:** Rest and avoid strenuous activities for the first 3 days then carefully return to full activity the next 2 days. Keeping a low blood pressure will reduce bleeding and aid in healing.
 - **Antibiotics:** If given an antibiotic prescription take all of them as directed until they are gone. (Women some antibiotics can reduce the effectiveness of birth control pills, use alternate birth control for two months)
 - **Sinus:** If your sinus was involved in the procedure avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.
 - If you have any questions or concerns, please contact us at www.publish.uwo.ca/~kzhou54 or call 519-661-3326 Ext. 89380
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