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Post-Operative Care Following Extraction(s)

For the first 24 hours, no rinsing or spitting. For the first 48 hours, no drinking through a straw and no carbonated beverages. If you smoke, stop smoking for 7 days. This may be a good time to consider speaking to your physician about stopping smoking all together.

It is very important to protect the healing blood clot as much as possible. When the healing clot is dislodged, a painful condition known as a “dry socket” occurs.

Please limit your activity today and avoid heavy lifting of objects. Avoid working out or lifting weights.

Bleeding will stop slowly. Use gauze and pressure as needed to stop bleeding. Remove gauze one hour after appointment. Do not replace gauze unless bleeding starts again. The bleeding should stop in one to three hours although slight oozing is normal. If the area starts to bleed again, use a dampened tea bag in the area until the bleeding has subsided. If at any time you are concerned about bleeding, call the office.

For the first 24 hours, apply an ice pack (a bag of frozen peas works well) against the outside of the cheek on the affected side for 15 minutes on, then 15 minutes off. Continue for as much of the day as possible.

A soft diet is recommended for the first 24 hours after an extraction. It is important to eat and drink, just avoid the surgical site. Avoid hot liquids or hard foods in the extraction area for 24 hours. Use good judgment and try to ***protect the healing clot***. Gently brush unaffected teeth after a meal.

If antibiotics have been prescribed, take the full amount prescribed even if symptoms have disappeared. If pain medication is prescribed, take it according to directions and only as long as relief is needed. If pain medication was not prescribed, it is recommended to take Tylenol or Advil every six hours as needed for pain. Avoid aspirin.

A clean mouth reduces swelling and promotes healing. 24 hours after surgery, begin warm salt water rinses up to 3 times a day as needed.

Please call the office immediately if you experience any unusual symptoms or if you should have additional questions. 817.737.2531