



## **After your surgical procedure...**

Keep pressure on the extraction site by biting on the gauze in the mouth. After 20-30 minutes the gauze can be removed. If there is still heavy bleeding after you take the first gauze out, take another gauze, dampen it, and place it where the tooth was extracted. A damp gauze will not disturb the blood clot that is forming. Continue biting on the gauze until heavy bleeding has stopped.

After the anesthetic has worn off, some discomfort may be expected. To relieve this you can take Ibuprophen (ex. Advil) We recommend you take 3 tablets, 3 times a day for 3 days. If you choose to take acetaminophen (ex. Tylenol) please follow as directed on the bottle. Avoid taking aspirin, because it is a blood thinner and will not allow clotting. For some procedures, the doctor may prescribe stronger pain medication if indicated. You may use these in addition to the ibuprofen, but do not take them with Tylenol.

If swelling occurs, place an ice pack on the side of your face on and off for the next 24-48 hours. Avoid strenuous activity for the next 3-5 days especially in the the next 24-48 hours, because this causes the blood to pump faster through your body, which may interfere with blood clotting.

- Do not Smoke
- Do not spit/swish or vigorously rinse
- Do not eat small crunchy foods
- Do not exercise or do any strenuous activity
- Do not suck through a straw

You can eat whenever you are ready but will probably want to start with soft easy foods. Examples would be yogurt, soup, mashed potatoes, ice cream, jello. Avoid eggs, they get stuck in the socket and they do not break down. When numb you will want to be careful eating especially hot foods. Make sure they are luke warm to avoid burning yourself. Also do not drink alcoholic, carbonated or acidic beverages.

When you do eat, try not to pack food in the holes and keep them as clean as possible.

\*If you have any prolonged or severe pain, swelling, bleeding, or fever, please call our office at (763) 757-1323