



Post-Operative Instructions: Extractions

Thank you very much for choosing 360 Family Dental as your oral health provider. Please follow the following instructions to ensure that you heal properly. If you have questions, please do not hesitate to contact us at (630) 689-2233.

What are the instructions after surgery?

- You may be biting on gauze when you finish the surgery. Keep biting on the gauze for 45 minutes. Then you may take the gauze out and observe the extraction area. If there is still active and fresh bleeding (bright red and dripping), bite on new gauze for additional 45 minutes. Repeat until there is no active and fresh blood coming from the extraction site. (Remember, your saliva might look red even there is no active blood)
- Be sure to take pain medicine as directed and/or prescribed by your dentist. In most cases, the dentist recommends to take up to 600 mg ibuprofen (Advil) together with up to 600 mg Tylenol (Acetaminophen) every 6 hours, if needed, to get the maximum pain relief. Sometimes, the dentist may recommend narcotics. If narcotics is prescribed, it is very important to avoid any alcohol or driving. Alcohol is strictly contra-indicated when taking narcotics.
- Do not smoke, spit, drink through a straw or drink carbonated beverages for 5 days after the surgery to avoid dry socket.
- Do not brush or floss the area of the extraction on the day of surgery. You may resume gently brushing on the morning next day.
- No rinsing for the first 24 hours.

- If you had upper teeth removed, avoid blowing your nose and sneezing, if possible, for 7 days to minimize the chance of any sinus issue. If you need to sneeze, sneeze with your mouth open.
- Apply an ice pack to reduce swelling and pain for 20 minutes on and 10 minutes off for the first 48 hours (while awake). After 48 hours, use warm moist heat.

What to expect after surgery?

- Pain and discomfort slowly improving in 3-5 days.
- Swelling for 1 week with worst swelling being day 2 and day 3
- Tightness and stiffness to the Jaw area.
- The extraction socket typically close around 2 weeks.

What the diet should be after the extraction?

- On the first day, your diet should consist of soft, cool foods, such as yogurt, applesauce, mashed potatoes, cottage cheese, ice cream and Jello. Soup is fine but it should be at room temperature. Avoid hard, hot or spicy food for 4 days. After 3-4 days, you can resume regular diet as tolerated. If your jaw muscle starts to ache, stay on soft diet for a few more days to rest the jaw muscle.

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