

Post-op Instructions After Extractions

1. No smoking, no straws, and no spitting for 48-72 hours.
2. No rinsing for 48-72 hours, however, continue to brush and floss normally being careful in the extraction area(s).
3. Keep fingers and tongue away from extraction area(s).
4. Take prescriptions as advised—if no special medicine is prescribed, use Tylenol, Ibuprofen (Advil or Motrin), or Aleve (unless you have a medical history that prohibits their usage. In such cases, ask the dentist for appropriate action).
5. A soft diet is advised for the first 48 hours. Drink a lot of fluids.
6. Bleeding—It is normal for the saliva to slightly streak with blood for about 24 hours. If abnormal bleeding occurs, place a piece of slightly moist cotton or gauze over extraction area(s) and bite down with firm pressure for 15-20 minutes.
7. Swelling is normal after teeth have been extracted and should not cause alarm. Icing area(s) from the outside of the mouth with a bag of ice or bag of frozen vegetables for the first 24-36 hours will keep it to a minimum.
8. In general, avoid any actions that would cause the blood clot within the socket to be removed.