

*If any of your symptoms seem excessive, contact us.
Office phone is answered 24 hours daily.*

1. Blood Clot and Surgical Site Protection

Slight bleeding after extractions is normal and may last for several hours. Bite on folded gauze directly over the bleeding area. If there is no active bleeding, then leave the gauze out. Lay in a semi-reclined position. **Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity, smoking, or alcohol for 48 hours.** The blood clot is important for healing.

2. Rinsing

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

_____ **Day 1** (Day of surgery – first 24 hours)

Do not rinse or brush your teeth. Do not spit.

_____ **Day 2** (24-48 hours after surgery) **24 Hour Time:** _____

- Brush your teeth, 2 times daily. Be gentle around the extraction sites.
- Floss.
- Begin rinsing **gently** using a glass of room temperature salt water (**1/2 tsp per cup**). Repeat 2-3 times daily.
- Follow with **Closys** mouth rinse.

_____ **Day 3** (48-72 hours after surgery)

Same regimen as day 2, however, begin rinsing more vigorously.

_____ **Day 4 through day 30**

- Same regimen as day 3, however, now rinse with full force.
- Continue rinsing and cleaning in this manner for 30 days.

3. Swelling

Cool packs and pressure outside of the surgical site will be helpful in reducing inflammation, bruising, and hematoma formation. Leave cool packs on for 20 minutes, then remove for 20 minutes, and replace as often as possible on the first day. Similar use in following days will also be helpful for reducing swelling and bruising.

4. Diet

Cool, clear liquids are best to start. **No hot liquids, carbonated beverages (soda), acidic foods and drinks for the first 24 hours.** Eat something when you feel ready. When the numbness wears off, progress to a soft diet, but avoid seeds (strawberries, raspberries, etc.). After 5 days, progress to a normal diet.

5. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

6. Dry Socket

Dry socket describes an area where the blood clot has dissolved, leaving an exposed bony area at the surgical site, which is very painful. A dry socket will usually heal on its own. Continue using anti-inflammatory medicine to alleviate pain. A medicated dressing can be placed into the socket at our office, if needed.

7. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office.

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:

DIET SUGGESTIONS FOR EXTRACTIONS

These foods are suggestions; feel free to use your best judgment. If you are unsure or need guidance, below is an approved food list for after oral surgery.

Day 1: **Cool and soft foods only.** Do your best to avoid chewing while you are still numb.

- Applesauce
- Smoothies (Without seeds)
- Protein Shakes, Milkshakes, Ensure, Boost
- Yogurt (Without fruit seeds)
- Jello or Pudding
- Cottage Cheese
- Ice Cream, Sherbet
- Milk, Juice, Gatorade, Iced tea

Day 2 – Day 5: **Warm and soft foods.** Avoid foods that are hot.

- Noodles, Mac and Cheese
- Scrambled eggs
- Mashed potatoes
- Pancakes, soft bread
- Steamed vegetables
- Bananas
- Broth, soup
- Fish, tofu
- Avocado
- Oatmeal
- Beans
- Thinly sliced cheese

After 5 days you can slowly begin to progress to a normal diet but continue to not chew over the surgical site. If it hurts to eat a certain food, avoid it and stick to the above listed food items.

What **NOT** to eat during your recovery.

- Popcorn
- Acidic foods and drinks
- Spicy foods
- Small grains, rice, quinoa
- Nuts, seeds, poppy seeds
- High sugar foods or drinks
- Crunchy foods, chips, crackers