

### 1. Directly After Surgery

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.

### 2. Rinsing

Because there is an infection, rinsing will help keep the surgical site clean. Begin rinsing the surgical site the night of the procedure. Use a glass of room temperature salt water (**1/2 tsp salt per cup**) and rinse 3 times daily.

Additionally, use the irrigation syringe provided to directly rinse the site. If the site is in the mouth, pull your cheek out and directly irrigate any food from the site. Try to put the tip of the syringe a few millimeters into the site. It can be in or beside the "drain" (a silicone tube), if placed. Do this after every meal.

Follow up salt water rinses and irrigations with **Closys** mouth rinse.

After irrigations, massage the tissue from inside your mouth and outside on your skin over the site.

### 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. Try to chew on the opposite side or away from the site, if possible.

### 5. Dry Socket Dressing (A Surgical Bandage Packing)

If your procedure includes placement of a dry socket dressing, please do not remove. You may irrigate around the dressing. If it falls out, please call the office for further instruction.

### 6. 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.

### 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:

\_\_\_\_\_