

## Post-op Instructions After Extractions

### 1. Bleeding

Bite on the gauze only as needed. The gauze will be mostly white, but it will probably won't stop having red spots the first day. When the gauze is mostly white, you can stop biting on it. Change the gauze as often as needed until you get to that point. If you are having problems with continued bleeding, put a moist tea bag inside the gauze and bite on that. If you run out of gauze, bite firmly on the tea bag. Your saliva will be pink/reddish for 24 hours because of small amounts of oozing. Don't spit excessively, or rinse vigorously for 24 hours. Doing so may cause it to start bleeding again. Only rinse gently the first 24 hours.

### 2. Pain

If you had simple extraction(s) and only one or two teeth removed, you may not experience much pain. You should begin taking pain medication as soon as you feel the local anesthesia wearing off. For moderate pain take 1 to 2 Tylenol **or** Ibuprofen. Tylenol may be taken every 3-4 hours and Ibuprofen (Advil, Motrin) may be taken 600 mg every 4 hours as needed for pain instead of Tylenol. If you had an infection, several teeth removed or wisdom teeth removed you may experience moderate or even quite severe pain. The prescribed pain medicine should be taken as directed. If you are having severe pain and a single dose of the prescribed medicine does not help, you may double the dosage. Also, taking Ibuprofen between doses of pain medicine can greatly help (if you are able to take Ibuprofen). Call the office if you have any questions. If you become nauseous because of the pain medications, we can call in anti-nausea medicine. If you have antibiotics, take them until you finish them. Unfortunately, the pain is usually worse on the second post-op day and many times is worse on the third post-op day. Often, as the third day ends, the pain will begin to ease up as well.

**Example:** surgery on Monday: Tuesday is day one- may or may not be bad, Wednesday is day two- probably worse than Tuesday, Thursday is day three- may be the worse day, and Friday is day four- may be better than Thursday. By the fourth Post-op day you should feel improvement, or the wound is simply healing slowly. This is common with lower wisdom teeth (ie- commonly called "dry socket"). If by day four you are having severe pain, we should see you to pack the wound with medication that will help greatly.

### 3. Swelling

Unless you have had several teeth (or wisdom teeth) removed there may not be any swelling. If you have had a lower back tooth, several teeth removed or wisdom teeth removed we expect swelling to last 4-6 days often peaking the 3<sup>rd</sup> day after surgery. Keep ice on your face for the first day for 4-6 hours. The best ice pack is often something like frozen peas or corn, it will comfort your face and stay cold for quite a while. Keep the ice pack on your face 30 minutes and then take it off and put it in the freezer for 30 minutes. Keep doing this on and off 4-6 hours. Similar to pain worsening on the second and third post-op day, the swelling often worsens the second and third day as well. Then it will taper off over 2-3 days.

### 4. Diet

Eat soft foods (soup, cooked veggies, mashed potato, scrambled eggs, etc) the first 24-48 hours, After the first 48 hours you can progress to the regular foods as you are comfortable.

### 5. Oral Hygiene

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best you can. Rinse with warm salt water ( $\frac{1}{2}$  tsp of salt in a cup of water) six times a day. Continue this procedure until healing is complete.

**Remember:** a clean wound heals better and faster.

### 6. Activity

Keep physical activity to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment that may weaken you.

**Emergency Phone Number: 512-391-0011 (after hours extension 103)**