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Post-Operative Care for Extractions

- 1) Do not rinse your mouth for the first 48 hours after surgery.
- 2) Avoid the extraction sites.
- 3) Some bleeding following the extraction(s) is to be expected. Place the gauze firmly over the extraction site (by folding the gauze twice or rolling it) and bite down with pressure for 30 minutes. Repeat this process until the bleeding has subsided (pinkish or brownish in color).
- 4) Do not smoke for the next 48 hours.
- 5) Do not use a straw and do not spit. (Avoid swallowing blood; swallowing blood can cause stomach irritation).
- 6) Place an ice pack against your cheek for 20 minutes. Repeat 20 minutes later. If an ice pack is not available, you can use any frozen product. Place a towel between the frozen product and your cheek. Swelling may start 1-3 days after surgery. This is common.
- 7) Do not eat until the numbness wears off of your lower lip and tongue. Light diet is advisable for a few days.
- 8) Take the pain medication that was called into the pharmacy before the numbness wears off. Do not wait until it starts hurting.
- 9) If the bleeding does not stop within 2 hours, place a tea bag, dampened with warm water over the extraction site, and bite down for 15 minutes. Drool out or wipe out any residue and place the gauze back over the extraction site until the bleeding stops.
- 10) Do not sleep until the bleeding has stopped and all gauze is removed from the mouth. Sleep with your head elevated by using 2 pillows or a pillow folded in half with a t-shirt or towel covering your pillow.
- 11) Two days after surgery, gently rinse your mouth with $\frac{1}{4}$ teaspoonful of salt in a glass of warm water, 2-3 times per day.
- 12) In case of raised temperature, or other evidence of infection, please call the office.
- 13) After teeth are extracted, you may feel hard projections in your mouth and think they are roots. This is usually the hard, bony partition which surrounds the roots of the teeth. These generally break away or work themselves out.
- 14) If you are currently taking birth control pills, penicillin will interfere with their effectiveness. (You may become pregnant.)
- 15) If you have questions or concerns, please call our office at (212) 422-9229.