

## **Post operative instructions for dental extractions**

- Bite on gauze for 15-20 minutes. Change gauze if needed. Moisten the new gauze with water before placing it on the extraction site.
- Only liquid diet until numbness wears off (2-4 hours).
- Do not spit or suck through straws for 24-48 hrs. Doing so can cause a painful "dry socket". It is okay to swallow your own saliva even if it has some blood in it.
- Do not brush or rinse for the first 48 hours around the extraction site.
- Apply ice packs to the face (20 min on and off, 20 min off) for the first 24 hours to minimize swelling. Start with cool, soft foods like yogurt, pudding, or smoothies. Gradually return to normal eating over 3-7 days.
- After 24-48 hours, very gently rinse with warm salt water after meals to keep the area clean.
- Absolutely no smoking for at least 7 days, as it inhibits healing and increases the risk of dry socket.
- Over-the-counter pain medications like acetaminophen or ibuprofen are okay to take if not contraindicated due to medical reasons.
- Contact your dentist if needed.