

Rose L. Wang DMD
394 Lowell Street, Suite #2
Lexington, MA 02420
(781)-862-3333

Post-Operative Instructions for Tooth Extraction

BLEEDING

Bleeding may continue for several hours. Treat bleeding by placing folded, damp gauze over the extraction site and gently bite for 30-60 minutes and rest with your head elevated. Pink or blood-tinged saliva may be seen for 2-3 days following surgery and does not indicate a problem.

SWELLING

Swelling is normal reaction to healing but will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, swelling should decrease but may persist for 7-10 days. Swelling can be minimized by use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and 20 minutes off while awake for first 24 hours.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. Please take your prescriptions given to you as directed for pain. If you are taking a narcotic pain medication, you may not drive or operate mechanical machinery. Discomfort should subside daily; if not, please call our office.

DRY SOCKET

If dry socket occurs (loss of blood clot from socket) there is constant pain that may radiate to other areas including ear, jaw and teeth. Symptoms do not occur until the 3rd or 4th day post-operative. If you do not have improvement during the first few days following the procedure, call the office. A medicated dressing may be placed if medications do not resolve the discomfort. To help prevent dry socket **avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking** and vigorously exercising for 2-3 days after procedure. You may gently rinse your mouth with a dilute mouth rinse of your choice after one day.

DIET

While numb, avoid hot liquids or food. You may have applesauce, pudding, or Jello. Once numbness wears off, you can progress to solid foods, chewing away from the surgical site; however avoid hard/crunchy/spicy foods like nuts, sunflower seeds, popcorn, etc. which may get lodged in the socket area.

ORAL HYGIENE

The best way to prevent infection is to keep your mouth clean. You may start to clean your mouth the day after surgery and use a soft bristle toothbrush. Should bleeding resume after brushing, repeat the use of gauze. Do not rinse your mouth the day of surgery.

HEALING

Bad breath is common and will disappear as healing occurs. 2-3 days following surgery, white, possible hard tissue may be seen in the surgical site; this signifies normal healing tissue.

FOODS TO EAT AND DRINK WHILE NUMB:

DRINK	EAT
Water	Apple sauce
Juice	Jello
Ice Chips	Pudding
Popsicles	Yoghurt
Milkshake (no straws)	

SOFT FOOD WHEN NUMBNESS IS GONE

Mashed Potatoes
Pasta
Eggs
Pancakes
Creamed cereals
Soups (BE CAREFUL-NOT TOO HOT)