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Post-Operative Care for Extractions

- 1) Do not spit, rinse your mouth, or use a straw for the first 24 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. Do not brush the area of surgery. You may brush everywhere else. You may start to brush the area in one week, just very gently.
- 5) Place an ice pack against your cheek for 10 minutes on and off for the first hour after surgery. 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.
- 6) Do not eat until the numbness wears off of your lower lip and tongue. Light diet is advisable for a few days.
- 7) Take the medication that was called into the pharmacy.
- 8) 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.
- 9) Sleep with your head elevated by using 2 pillows or a pillow folded in half with a t-shirt or towel covering your pillow.
- 10) For 10 days following surgery, use the mouth rinse which was prescribed to you. After 10 days, *gently* rinse your mouth with $\frac{1}{4}$ teaspoon of salt in 8 ounces of warm water 2 times per day. If no rinse was prescribed to you, starting 24 hours after surgery, *gently* rinse your mouth with $\frac{1}{4}$ teaspoon of salt in 8 ounces of warm water 2 times per day.
- 11) If you are currently taking birth control pills, penicillin will interfere with their effectiveness. (You may become pregnant.)
- 12) If you have questions or concerns, please call our office at (212) 422-9229.