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HOME CARE INSTRUCTIONS FOR PATIENTS HAVING HAD TEETH EXTRACTED:

Proper home care following an extraction(s) is important, and recovery may be delayed if these instructions are not followed.

Some swelling, stiffness, and discomfort may occur. If this is greater than expected, please call or return to be evaluated.

I. DAY OF SURGERY:

1. You will be sent home with a gauze pack in place covering the extraction site. Keep this pack in place for 30 minutes, then wash your hands, and replace the pack with a fresh one every 30 minutes until bleeding has slowed. This may take several hours. Dampen gauze before placing it in your mouth. Pressure should be continuous but not extreme pressure. **DO NOT CHEW ON THE PACK.**
2. Keep your head elevated and rest quietly.
3. **AVOID:** rinsing, spitting, using straws or smoking for the first 24 hours (drink liquids from a cup). Also avoid exercising on the day of surgery. **Avoid** hot foods and/or hot liquids.
4. Ice packs applied to the face will aid in reducing swelling and may help to minimize discomfort (applied 20 minutes on and 20 minutes off for several hours). **DO NOT** use ice packs past bedtime of the day of surgery.
5. Some discoloration of the saliva is expected. If active bleeding occurs, use a fresh gauze pack with continuous pressure for an additional 30 minutes.
6. Take your prescribed medication as directed.

II. FROM THE SECOND DAY UNTIL HEALING IS COMPLETE:

1. Begin gentle warm salt water rinses after meals (use 1 teaspoon of table salt to a medium glass of warm water)
2. Resume brushing and flossing (use caution around the extraction site(s)).
3. Eat soft (or regular) foods as tolerated, chew on the opposite side, avoid hard or spicy foods.

III. FROM THE THIRD DAY ON:

If there is an increase in swelling, pain or fever, or if there is difficulty in swallowing or other unusual symptoms, please call our office or your doctor at home if necessary.

IV. IF SUTURES WERE PLACED:

It is important to return to our office as appointed.

TELEPHONE NUMBER: (H) 336-882-3832