

Logan Dental Associates 787-8207
Extraction and Oral Surgery
Post-Operative Instructions

Bleeding: You will bleed for a few hours and your saliva will be pink for a few days. Take two pieces of the provided gauze and fold them in half and in half again (quartered). Place it in the extraction site and bite securely. Keep replacing them when they get saturated for at least two hours after your appointment or until the oozing has slowed.

Dry Socket: This occurs when the blood clot over the bone is dislodged and the bone is then exposed to the air. It is very uncomfortable and sensitive. In order to prevent this from happening avoid drinking through straws, smoking, vigorous rinsing, blowing your nose, and be sure to sneeze with your mouth open for one week following your appointment.

Pain: Pain medication should be taken before the numbness from the local anesthetic wears off. Take medication as prescribed. To avoid nausea, take pain medication with a milk shake, other beverage or food. If no pain medication was prescribed, take up to 800mg (4; 200mg OTC) Ibuprofen, Motrin or Advil every 4-6 hours (up to 3200mg per day) and up to 500mg Tylenol (acetaminophen) every 3 hours (up to 4000mg per day). If you are prescribed Lortab or Percocet, do not take additional Tylenol in combination. You may take ibuprofen and acetaminophen together or ibuprofen and Lortab together.

Swelling: Swelling will occur over the first 48 hours and decrease after 5 days. Apply cold packs the first and second days following surgery. Leave the cold packs in place 20 minutes, then remove 10 minutes and repeat. After 72 hours, warmth may be used to help with healing. Please keep your head elevated for 48 hours following the surgery (pillows under the back and head while sleeping). You may wish to place a towel over your pillow while sleeping to protect the pillow against blood staining.

Rinsing Mouth: The day following the surgery you may begin brushing your teeth and rinsing your mouth with a warm salt water rinse. Mix 1/2 tsp of salt in a large glass of water. Rinse gently 4-5 times daily until swelling and soreness subside. Do not rinse with force as this will disturb the blood clot. OR: Rinse with 1/2 oz of the provided antibiotic rinse twice daily for 30 seconds. Don't eat, rinse, or drink for 30 minutes as doing so will rinse off the flavor and have an unpleasant taste.

Diet: Muscle soreness and tenderness in the mouth will require a soft diet for the first 48 hours after surgery. Try to eat cool, nutritious foods such as yogurt, cottage cheese or cool mashed potatoes. After that you may eat what is comfortable to you.

Sutures: Your sutures will dissolve on their own unless otherwise specified. They may loosen or come out prior to your follow up appointment. We will remove them for you at the follow up appointment, if they haven't come out already.

Follow up Appointment: A short 10 minute visit may be needed after your surgery to check healing, remove sutures and check for inflammation or infection.

Emergency: Please call Logan Dental if you have any questions or concerns at 787-8207.