

Post Op Extractions

Activity:

- Rest and light activity is recommended for the first 2-3 days following extractions

Safety:

- Serious pain medication can enable driving activity for 3-4 hours
- Keep your head elevated for 24 hours after surgery

Gauze Packs:

- Gauze packs should be changed every 30-60 minutes as needed. Remove gauze packs when eating or drinking
- If bleeding is not slowing down 2-3 hours after surgery, you may bite on a moistened tea bag
- bleeding/oozing may occur on occasion for several days after surgery post-op, especially when brushing

Diet:

- You are encouraged to drink fluids immediately. Avoid HOT or carbonated drinks for 24 hours
- You may eat once the numbness wears off. A soft diet is recommended for the first 2-3 days
- Chewing is necessary to prevent jaw stiffness and is encouraged 2 days after the surgery

Pain Management:

- Take prescribed pain medication BEFORE the numbness wears off from the anesthesia. Ideally, you should have something in your stomach to prevent nausea (i.e. milkshake, jello, ice cream)
- If not allergic, take Advil (Ibuprofen) in addition to the pain medication to decrease swelling and pain
- DO NOT TAKE Tylenol with other medications containing Acetaminophen (such of Norco)
- If able, apply ice to the area that was operated on for 2 days to reduce swelling and pain
- After 2 days, it is ok to apply heat to the area where you had surgery if it relieves pain
- DO NOT DRINK alcoholic beverages while taking pain pills or antibiotics
- If allergic, STOP taking that medication and give the office a call

Care of the mouth after procedure:

- DO NOT smoke, spit, vigorously rinse, or use a straw for 7 days otherwise you may come across "DRY SOCKET"
- You may begin brushing and gently rinsing with warm salt water 3-4 times daily 24 hours after surgery. You may use a mouthwash (i.e Listerine) 7 days after surgery

Miscellaneous

- If sutures (i.e. stitches) were used, they will dissolve on their own in 5-7 days
- Swelling and discomfort get WORSE for 2-3 days after surgery, THIS IS NORMAL. If pain continues to increase after this, or pain decreases then significantly increases again, CALL YOUR DOCTOR

If you have any questions or concerns during business hours Monday-Friday, please call your practice directly

*****PLEASE NOTE: The DEA no longer allows prescribers to refill pain medication over the phone*****

Maryland Family & General Dentistry
13975 Connecticut Ave, Ste 201
Silver Spring, MD 20906
Office: (301) 460-1212 Fax: (240) 201-0818