



POST OP INSTRUCTIONS FOR SIMPLE EXTRACTIONS

IMMEDIATELY AFTER SURGERY : Please leave gauze packs in for about 30 – 45 minutes. **DO NOT EAT, DRINK OR SPIT DURING THIS TIME.** After a half hour to forty-five minutes, remove the gauze, eat something and then take your antibiotics and pain medication as directed. Replace the gauze only if heavy bleeding is evident. **DO NOT DRINK THROUGH A STRAW for the first 24 hours.** This is a critical period for the formation of a good blood clot. **Avoid exercise for one week after your surgery.**

MEDICATION FOR PAIN :

90% of your discomfort will occur in the first 24 hours. Take the pain medication BEFORE you first notice discomfort. Do not wait for the pain to become severe. Remember that the analgesic will help you tolerate the pain, not eliminate it ! Take the medication as directed on the label. DO NOT consume alcohol while taking the pain medication or antibiotics.

NAUSEA is a common side effect of the pain medication but can be controlled if you eat something before taking the pain medication and if you remain sitting or lying down, with your head elevated at about a 45° angle. Should the pain get worse 3-4 days following the surgery, a dry socket has most likely developed. In this instance, return to the dental office for treatment.

SMOKING : DO NOT smoke for 24 hours after surgery, preferably longer. Smoking promotes bleeding and interferes with healing.

DIET : Try to maintain a good balanced diet as this will promote fast healing. You should also continue your usual vitamin supplements. Choose foods that are high in protein and carbohydrates such as eggs, yoghurt, mashed potatoes and rice. Vitamin C aids in healing; thus, fresh juices are excellent. Very hot drinks and spicy food can increase pain and bleeding and should be avoided until the gum has healed. Avoid eating on the treated side, if possible.

BLEEDING / DRESSING : A small amount of bleeding is normal and usually stops within a few hours. Any bleeding that does occur can be controlled by placing a gauze square over the extraction socket and biting gently on it for at least 20 minutes. Oozing, which is slight intermittent bleeding is normal for up to two or three days and should not cause concern. If bleeding persists, call the office.

SWELLING : Most of the swelling will take place in the first 48 hours and then decrease over the next 2-3 days. To decrease swelling, apply an ice pack (or a bag of frozen peas) at the site of swelling during the first 24 hours in a cycle of 20 minutes on and 20 minutes off. After the first 24 hours, discontinue the ice and switch to moist, warm heat in the form of frequent warm salt water rinses (one teaspoon of salt to eight ounces of warm water) and warm face cloths applied to the swollen area. If swelling continues for more than three days, call the office.

RINSING : Keep rinsing to a minimum during the next 24 hours. After the first 24 hours, gently rinse each hour during the day with lukewarm salt water (one teaspoon of salt to eight ounces of warm water).

ORAL HYGIENE: Continue your usual plaque control procedures in the non-treated areas of your mouth. AVOID MOUTHWASH.

FEVER : a slight fever or chills may occur during the first 24 hours and is normal.

FUTURE APPOINTMENTS : Return to the office in a week so we can check the healing and remove any stitches.

If you have any questions, or in the case of severe pain, excessive swelling, bleeding or fever, call Dr. Brown (work: 416.922.9040 ; after hours 416.993.1506) or email smile@drlbrown.com