

Instructions for Home Care after Extractions

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- **Antibiotics:** If antibiotics have been prescribed for you by the doctor, please take them as instructed and outlined by your pharmacy on the prescription.
- **Discomfort:** Doctor has prescribed medication for discomfort; please take as instructed and outlined by your pharmacy on the prescription.
- **Bleeding:** Some bleeding is to be expected, even the day following the procedure. If you become concerned about the amount of bleeding or have any questions, please contact the office at (619)-295-6774.

We will provide you with some cotton gauze for use at home. Cotton gauze will be placed on the surgical site following the procedure. After thirty minutes, remove the gauze and check the area for bleeding or oozing. If bleeding or oozing continues place a new gauze onto the area and apply pressure (either by biting on the gauze or by placing pressure with your fingers). Do not keep the gauze in your mouth while eating, drinking or sleeping.

- **Sleep with your head elevated for the first few nights.**
- **Swelling:** Doctor may recommend that cold packs be applied to the outside of your face to help minimize swelling. Apply the ice bag to your face at half-hour intervals. Ice should only be used for the first 24 hours or as instructed by your doctor. Do not apply cold packs after the initial 24 hours unless you have been instructed to do so by your doctor. A warm moist washcloth applied several times daily may be used after the first day to reduce swelling.
- **Prosthetics:** If you have removable dental appliances (denture, partial denture) leave it in your mouth for the first 24 hours following surgery. It can then be removed for cleaning and replaced immediately. See your general dentist for follow up within ten days.
- **Smoking: DO NOT SMOKE. Smoking will cause a dry socket and tremendous pain.**
- **Eating/Drinking:** Start with small sips of water or clear juice, then slowly progress to soft “pasta consistency” foods (for example: macaroni and cheese, apple sauce, pudding, yogurt, etc). Avoid eating solid, hard, or crunchy foods for approximately seven to ten days after surgery. For the three to four days after surgery, avoid drinking liquids through a straw and rinsing vigorously, as these actions will dislodge the healing.
- **Salt Water Rinses:** Starting the day after surgery, begin rinsing with warm salt water several times throughout the day. Mix ¼ teaspoon of table salt into a regular kitchen glass of warm water; gently swoosh the salt water throughout your mouth. Rinsing several times daily for about four to seven days will be soothing to tissues and will also help keep the area clean.
- **Hygiene:** You may begin brushing your teeth right away, however, exercise care in the area of the surgical site(s). You may gently use mouthwash. It is very important that the teeth and gums be kept clean to promote healing and prevent infection.