

### Post-Extraction Instructions

Moderate discomfort and swelling occur with most oral surgery procedures. The symptoms begin within the first 12 hours following the surgery, and start to decrease after 48 hours. The amount of discomfort and swelling is unpredictable. It is important to take care of your surgery site, so please follow these instructions.

1. **Bite on gauze for 30 minutes** to stop any bleeding. If bleeding continues, place another **moist** gauze and continue to apply pressure for 30 minutes. Repeat as needed.
2. **Place a cold pack over the area** (20 minutes on, 20 minutes off) for at least four hours as needed to help reduce swelling.
3. **For at least 72 hours do not:**
  - Smoke
  - Drink through a straw
  - Drink alcohol, carbonated beverages (e.g. pop), or hot liquids
  - Blow your nose
  - Spit excessively

*Any of these things may cause the blood clot over the surgery site to dislodge from the "socket," causing a "dry socket" and resulting in unnecessary pain.*

4. **Maintain a soft diet** for the remainder of the day – things like warm soup, ice cream, milk shakes (remember: no straws), etc. Drink lots of water, milk or juice.
5. **Do not overexert yourself** during the next 24 hours.
6. **If your discomfort or bleeding continues or worsens**, call the office for re-examination.
7. **If you were given medications**, take them according to the instructions.
8. **Tomorrow morning, start rinsing gently with warm saltwater** (1 tablespoon of salt to 2 cups of water) every four hours for two days.
9. **The points checked off below apply to you:**  
Sutures (stitches):
  - a. Were not placed
  - b. Were placed. You need an appointment in about 7 days to have the stitches removed.
  - c. Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.

**If any problems or questions arise**, please call the office at 952-935-5599.