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POST - OP INSTRUCTIONS FOR TOOTH EXTRACTION(S)

PLEASE FOLLOW INSTRUCTIONS AS INDICATED

1. Continue to bite on the gauze for the next 30 minutes.
2. Then remove the gauze and replace with slightly moistened gauze.
3. Change gauze every 30 minutes for the next 2-3 hours.
4. Expect some oozing for the first 24 hours.
5. Remove gauze when eating or drinking.
6. Do not spit for the next 24 hours (1day).
7. Do not use a straw for the next 48 hours (2 days).
8. Do not smoke for the next 72 hours, (3 days).

**IF YOU ARE HAVING A
PROCEDURE INVOLVING SOME
FORM OF SEDATION, PLEASE
DO NOT DRIVE FOR 24
HOURS AFTER SURGERY!!!**

EXCESSIVE BLEEDING

1. Wrap a tea bag in gauze and slightly moisten.
2. Clear the surgery area of any surface jelly like matter.
3. Place the moistened, wrapped tea bag directly over the bleeding area.
4. Bite down with firm pressure, holding for 30 minutes.
5. Do not open mouth to spit-out. Instead, swallow around the packing and maintain a constant pressure.
6. Remain quiet and repeat the above procedure if necessary.

SWELLING

1. Swelling will reach its peak in 2-3 days.
2. Apply an ICE PACK to the outside of your face 20 minutes on, 20 minutes off
3. Most swelling goes down after 7 days.
4. Face discoloration may occur.

PAIN

1. The greatest pain usually occurs within the first 48 hours
2. Take pain medication as prescribed.
3. If pain increases significantly on the 4th or 5th day, contact the office.

DIET

1. Drink plenty of water and other fluids (8oz. per hour while awake), for the next 48 hours.
2. You may eat 30 minutes to one hour after surgery.
3. Eat food every few hours for the first 3-4 days; milkshakes, ice cream, eggs, soups, pudding, applesauce.
4. Advance to a normal diet as tolerated.

TOMORROW

1. Start rinsing your mouth with warm salt water (1/2 teaspoon salt to 1/2 glass of water) 4-5 times daily.
2. Continue rinses for 7-10 days.
3. Also, rinse with Peridex oral rinse twice a day for 30 seconds, continue for 14 days.

**IF YOU HAVE ANY COMPLICATIONS OR AN EMERGENCY, PLEASE TELEPHONE THE OFFICE
AND THE ANSWERING SERVICE WILL CONTACT DR. SIMMONS**