

# OPEN & AFFORDABLE

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# DENTAL BRACES

## POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

- 1. DO NOT RINSE MOUTH TODAY.** Tomorrow, rinse your mouth gently every 3-4 hours (especially after meals) using 1 tsp of salt to a glass of water. Continue the rinses for several days. Avoid hot/warm fluids/foods for the first 2 days. You may brush your teeth, being gentle around the extraction site. Be careful not to dislodge the clot.
- 2. BLEEDING.** Following extractions, some bleeding is to be expected. Leave the in-office gauze placed over your extraction site for 30 minutes. Place new folded gauze pads over the extraction site and bite down firmly for 1 hour. Dry gauze may dislodge the clot. You may wet the gauze slightly to avoid removing the clog. If after 4-5 hours you are still bleeding, bite on a wet Lipton tea bag. If bleeding does not stop, call our office. We will see you right away or be put in contact with a doctor. Excessive bleeding can be identified when the gauze has no white portions visible after 2 gauze changes.
- 3. SWELLING.** Apply an ice bag or chopped ice wrapped in a towel to the operated area, (10 minutes on and 10 minutes off) for 4-5 hours.
- 4. DISCOMFORT.** Mild to average discomfort, use the prescribed medication found below. For severe pain that doesn't subside after 48 hours, call our office.
- 5. FOOD.** A light diet is advisable during the first 24 hours. Drink plenty of fluids. Milkshakes (without using a straw) are good after extractions. Avoid any vigorous spitting or sucking the first 24 hours.
- 6. SMOKING.** Avoid smoking for at least 24 hours, 48 hours is preferable, 20 years is ideal.
- 7. BONY EDGES.** Small sharp bone fragments may work up through the gums for up to six months. These are not roots. If annoying or painful, please call our office for an appointment.
- 8. INFECTION.** If an antibiotic has been prescribed for you, complete the prescribed regime. Take it 2 hours after the pain pill, so if one upsets your stomach, you will know which one it was. If you have been prescribed a prescription rinse, use it twice a day like listerine. If you were provided a syringe, use it to power wash the extraction site only with continued pain 48 hours after the extraction.
- 9. BONE GRAFT.** If you had a bone graft placed, it is normal to have some of the bone graft flake off until the gum has completely healed.
- 10. SUTURES/STICHES.** If you had sutures placed, they will normally fall out on their own within 7 days or less. If they fall out sooner, it usually is not an emergency, but you may contact your doctor to see if they want them replaced.
- 11. POST OPERATIVE APPOINTMENT.** You may need to return to the dental office for a post operative check to make sure you are healing normally. The doctor will request this appointment after the extractions if needed. There is no charge for this appointment.
- 12. ANTIBIOTICS.** Antibiotics are only recommended if you have postoperative systemic infection. Discuss with your provider if you want or do not want antibiotics. If you have a fever or increased swelling, please call the office. Frequent and unnecessary antibiotic use creates antibiotic resistance, a serious condition. Go to an urgent care or emergency room if you experience trouble breathing.