



Post Operative Instructions Following an Extraction

- After anesthesia wears off, mild discomfort can be managed with Advil (ibuprofen) or Tylenol (acetaminophen). In cases with more than moderate discomfort, a prescription will be given. Continue taking pain medication only as necessary to prevent discomfort.
- If antibiotics are prescribed it should be taken as directed until the last one is gone. For women if you are taking oral contraceptives, please note that any antibiotics can interfere with the effectiveness of birth control for one full cycle.
- Nourishment is important to the healing process. Protein shakes or smoothies may be used, but without a straw. Eat soft foods that are easy to chew, no warmer than room temperature for the first 2 to 3 days. Try not to eat on the side of the extraction site. Avoid alcohol as it thins the blood and may cause additional bleeding.
- Brush and floss as usual but do not use toothbrush on the extraction site.
- Do not rinse heavily, swish, spit or drink from a straw for the first 48 hours.
- Gently rinse twice a day with Perioguard (if prescribed) after the first 24 hours. You may also rinse with one cup warm water with EITHER 1tsp salt or 1tsp baking soda 6-8 times a day.
- Swelling and bruising of the mouth lips and/or cheeks is normal and can occur 24 – 48 hours after the extraction. You can expect swelling to peak 48 hours after surgery, and then it should begin to dissipate. Ice your face for 15 minutes on, 15 minutes off for the next 4-6 hours. Stop using ice 24 hours after surgery. It may take 3 to 4 days for swelling to subside.
- Occasional blood in your saliva may be expected for the first 24 hours. For more moderate bleeding apply provided clean gauze and bite down, keeping pressure on for approximately 20 minutes. Alternatively, a tea bag (dampened with cold water) can be used in place of the gauze for more persistent bleeding.
- You may follow your normal activities but avoid excessive exertion for 24 – 48 hours after the extraction.

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