

## Post Operative Instructions: Extraction(s)

- **DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc). If stitches have been placed, do not try to remove even if they are undoing and bothering your tongue. Some stitches are designed to dissolve and others are not – you will be told which ones you have. Please call the office if there is a problem.
- **DO NOT SMOKE FOR 48 HOURS:** Smoking will promote bleeding and interfere with healing.
- **BRUSHING:** It is best to wait until the next day to begin brushing your teeth. Avoid brushing the extraction site and brush your teeth gently.
- **MOUTH WASH:** Avoid all rinsing the day of the extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours only if prescribed.
- **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding.
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Tylenol, Advil etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call your dentist.
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. When doing so, apply alternately, 20 minutes on then 20 minutes off.
- **DIET:** Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.

Report any unusual occurrences IMMEDIATELY by calling the office at 519 291 4490 or Dr. Ogi/Aneta at 519 497 9532