

INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

Bleeding:

Continue biting on gauze for about 1 hour or until the bleeding stops. If you are still bleeding and you are out of gauze, take a tea bag, moisten it and bite on it. Normal oozing may occur for up to 24 hours.

Swelling:

Swelling and sometimes bruising are common after surgery. The maximum swelling, pain and jaw stiffness normally occurs 2-3 days after surgery. Apply ice packs for 20 minutes on and 20 minutes off until bedtime the day of surgery. This will help to keep swelling to a minimum. Also keep your head elevated till bedtime. Moist heat after 36 hours may help jaw soreness.

Pain:

The greatest amount of discomfort occurs in the first 6-8 hours after surgery. If you were given a prescription for pain medication take it immediately but never on an empty stomach. Otherwise take 3 ibuprofen (Advil) and 1 Tylenol every 6 hours. If dull pain increases 3-4 days after the extraction or the area feels warm please call the office to have it checked. If you were given a prescription for an antibiotic be sure to finish it unless you have a reaction-then call us. It is helpful to take it with a probiotic.

Mouth Care:

Do not do the following today: Do not smoke, spit, drink through a straw or brush near the affected areas. Starting tomorrow begin rinsing with warm salt water 4-5 times a day for 4 days. You may also resume normal brushing and flossing tomorrow, just be gentle. Remember, keeping your mouth clean will accelerate healing.

Diet:

It is important to maintain good nutrition following surgery. Eat lukewarm soft diet the day of the surgery. Avoid spicy foods or foods with seeds i.e.: rye bread, popcorn, nuts, chips etc. Drink plenty of fluids.

IN CASE OF AN EMERGENCY:

IF YOU HAVE ANY PROBLEMS OR CONCERNS CALL ME AT THE OFFICE at 973-895-7995.
IF AFTER HOURS I CAN BE REACHED ON MY CELL 201-618-7978