

## 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 and 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 some extra strength Tylenol. If dull pain increases 3-4 days after the extraction please call the office to have it checked.

### **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 ie: 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 973-895-7995. IF AFTER HOURS I CAN BE REACHED ON MY CELL 201-618-7978