

Dental Care Associates  
2145 Lancelot Drive | Wheatfield, NY 14304  
(716) 297-1644

## Post-op Instructions Routine Extraction

1. Leave the gauze in the socket area for 1 hour.
2. After 1 hour, remove the gauze gently and leave the area undisturbed.
3. Do not place any additional gauze in the socket area unless profuse bleeding occurs.
4. DO NOT SMOKE TODAY.
5. Do not rinse, spit or suck on a straw today.
6. Use pain medication as directed by your doctor.
7. If profuse bleeding, severe pain or profound swelling occur, contact your doctor.

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## Post-op Instructions Wisdom Teeth/Surgical Extraction

### **Smoking**

Smoking is the single most detrimental activity to proper healing. DO NOT SMOKE on the day of surgery.

### **Gauze Packing**

Bite firmly on the gauze placed in your mouth immediately after surgery for ONE FULL HOUR. This is necessary for proper healing to be initiated. Early removal will cause bleeding and further complications. After one hour gently remove the gauze and do not place further materials in the area unless instructed to do so.

### **Bleeding**

Some mild bleeding after surgery is normal. Slight to moderate amounts of blood mixed with saliva is anticipated and should be ignored. Profuse bleeding characterized by the formation of a large clot in the mouth should be reported to your dentist.

### **Swelling**

Significant swelling is normal. It should occur in the first day or so and will remain for 4-5 days. If swelling starts to close your eye or extends down into the next region, call your dentist immediately.

### **Pain Medicine**

Take all medications (pain, antibiotic) as directed by Dr. Baumler. You have been given medicine that should be adequate to relieve your pain significantly. If severe pain persists, call your dentist.

### **Sutures**

If sutures (stitches) were placed they may loosen or even come out after several days. This is normal and need not be reported. If you believe your stitches are gone you must still return for your suture removal visit to verify their loss! Some tugging or tightness from your sutures may initially occur and is considered normal.

### **Diet**

It is important to keep up as normal an eating pattern as possible. Eat plenty of protein and carbohydrates. Avoid foods that will not dissolve in the mouth such as popcorn husks or nuts. You may eat anything you are comfortable eating, but is essential that you eat something. It is also essential to drink plenty of fluids to avoid dehydration.

### **Hygiene**

In spite of the fact that you will be sore, an attempt at normal hygiene is recommended. Continue to brush your teeth and tongue as well as possible, and floss all areas except the immediate socket area. DO NOT attempt to clean out the socket directly! After the first day gentle rinsing with mild salt water or mouthwash diluted 50% with water is acceptable.

If you feel that you are having abnormal bleeding, swelling, pain, or other complications call your dentist immediately. Do not spit, rinse, or suck on straws on the day of surgery. These activities will dislodge your healing blood clot.