

POSTOPERATIVE INSTRUCTIONS FOLLOWING EXTRACTIONS

Keep the gauze pad in place over the extraction site and bite firmly for 45-60 minutes. Remove the gauze and leave it out for 1-2 minutes. If there is no significant bleeding, it is not necessary to replace the gauze pad. If bleeding persists, use one for the gauze pads provided. Fold it into a square and place it directly over the bleeding site and close on the gauze (putting direct pressure against your extraction hole) for an additional 30 minutes.

COMMON "IS THIS NORMAL?" QUESTIONS

- It is not unusual to have minor oozing for 24 - 48 hours after the extraction. This will stop.
- If you have a history of bleeding issues or are taking blood thinners or aspirin, it is not unusual to see bruising on your face. This generally resolves.
- It is not unusual to have joint soreness with your jaw for a week or two. This generally resolves.

DO NOTS:

DO NOT RINSE THE EXTRACTION SITE FOR 24 HOURS.
DO NOT SMOKE OR USE TOBACCO PRODUCTS FOR 3-4 DAYS.
DO NOT DRINK WITH A STRAW FOR AT LEAST A WEEK.
DO NOT PICK FOOD OR DEBRIS OUT OF THE SOCKET.
DO NOT EXERCISE HEAVILY FOR THE FIRST COUPLE DAYS AFTER EXTRACTION.
DO NOT GARGLE ANYTHING VIGOROUSLY UNTIL FULLY HEALED.
DO NOT GARGLE ANY ALCOHOL OR COMMERCIAL MOUTH RINSES.

DO:

EAT SOFT FOODS (YOGURT, MAC N CHEESE, MASHED POTATOES, BLENDED FOODS).
TAKE IT EASY ON EXERCISE / HEAVY EXERTIONS.
LIGHT RINSE WITH WARM SALT WATER NO SOONER THAN 24 HOURS AFTER EXTRACTION.
PLACE A DARK TOWEL OVER YOUR PILLOW FOR THE FIRST NIGHT.

Take over-the-counter anti-inflammatory pain medication immediately following extraction. Examples of pain medications include Ibuprofen, Advil, Tylenol, Naproxen, and Aleve. **Dr. Argersinger will advise you on specific doses and frequency of pain medication based on your medical history.** Continue taking pain medication when numbness begins to wear off. Numbness can last from 2-10 hours, depending on the type of anesthetic used. Do not take any medicines on an empty stomach.

Avoid any commercial mouth rinses other than those prescribed. After the 24-hour postoperative period, it is helpful to gently rinse with warm salt water. Light activities are permissible, and pain medicine should be taken as needed.