

## Extraction post-op instructions

**BLEEDING** After 30 – 40 min of pressure on the gauze, take them out. If there is a red spot about the size of the extraction site, you don't need to replace the gauze. If the gauze is full of blood or if strings of clot come out, fold 1 or 2 of the sterile gauze into quarters and bite on them for another 30-40 min. Continue replacing until there is a small red circle remaining. Biting on a wet tea bag can speed the clotting process if the gauze does not seem to be working. Saliva with a red tint to it is normal for a day or so. You will probably have a red spot on your pillow in the morning. Excessive bleeding for over 4 hours is not normal. Call the office if this occurs.

**DO NOT** suck through a straw, spit hard, or smoke for at least the next couple of days. These actions can dislodge the clot and lead to a very painful dry socket. In place of spitting, you may drool into a cloth or cup.

**DO** rinse with warm saltwater (8oz water to 1 tsp salt) starting 24hrs after the extraction. At least twice a day for about a minute during the couple of days will speed healing and reduce the chance of infection. Remember to drool the saltwater into the sink instead of spitting.

**REST** You should relax for the rest of the day. Increasing physical activity increases blood pressure and increases bleeding.

**MEDICATIONS** The anesthetic can last for 6-8 hours. If you are going to use pain medication, it is best to take it before the anesthetic wears off. Take the first dose about 5 hours after your appointment started or when you start to feel discomfort. If you do not want to take the narcotic prescribed, Tylenol (acetaminophen or APAP) or Advil (ibuprofen) can be used. Do not take aspirin because it will slow the clotting process and increase bleeding. The maximum dosage for ibuprofen is 800mg every 6 hours and works better when taken with food. This is not what is written on the bottle because this high dose should only be used on rare occasions. The prescription pain medicine has APAP already in it. The maximum dose of APAP is 3000mg per day (no more than 1000mg at a time. This is an absolute maximum. The FDA is considering lowering this maximum dosage) Alcohol has to be avoided when taking the prescription pain medication or using higher doses of APAP.

**EATING** Stick to eating soft foods while you are numb. Plenty of fluids are important for healing. During the healing process, you will naturally avoid chewing in the area of the extraction because it is painful. Food getting into the wound and causing complications is rarely a problem. Use common sense.

**BRUSHING** should be continued as usual being careful not to agitate the wound.

**COMPLICATIONS** After the first day, swelling and pain should keep decreasing. Call the office if this does not happen.