



POST OPERATIVE TREATMENT INSTRUCTIONS

Following these simple instructions will normally be all that is needed. The initial healing period typically takes from one to two weeks, gum tissue takes about 3-4 weeks to heal and complete healing of the bone can take about 6-8 months depending on your care of this area.

DO NOT DISTURB THE WOUND: In doing so you may invite irritation, infection and/or bleeding.

The healing process begins immediately after surgery as your body sends blood to nourish the tooth socket. Complete healing will take one to two weeks and swelling may last 48 hours. Simple pressure from a piece of gauze is usually all that is needed to control the bleeding and to help a blood clot to form in the socket. Sutures may need to be removed in 3-5 days. Keep your fingers and tongue away from this area. No positive or negative pressure like blowing up balloons. Blowing your nose or sneezing violently can dislodge the blood clot and impair healing, so if you have an upper respiratory infection or allergies Some discomfort, bleeding, and swelling should be expected in the next 24 hours as your mouth heals. be sure to take the appropriate medications to treat these conditions.

DO NOT SMOKE OR USE TOBACCO PRODUCTS FOR 72 HOURS AFTER THE TOOTH/TEETH Have BEEN EXTRACTED: because smoke can interfere with the healing process, promote bleeding and can cause a very painful situation know as "dry socket". Continuing to smoke during these first few days will slow healing and soft tissue will not be able to begin to fill in the socket to form the blood clot needed for healthy healing. Smoking can also interfere with the bone grow that surrounds the socket resulting in slowing its process of filling in the socket For **Women ONLY:** It is crucial that you follow these instructions and especially **DO NOT SMOKE**. If you are taking birth control or are in the first 22 days of your menstrual cycle you are twice as likely to develop a dry socket.

BRUSHING: For several days after the extraction, it is important to keep the area as clean as possible to prevent infection and promote healing. Do not directly brush the extraction site for the first 3-4 days after surgery to prevent dislodging of the blood clot from the socket. Don't use any toothpaste. Rinsing toothpaste from your mouth could remove the blood clot. Instead this area can be gently and carefully wiped with a clean, wet gauze pad or cloth. After this time you may carefully brush your teeth around this area and floss *gently*.

MOUHWASH: Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a blood clot. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. After the first 24 hours you should **VERY GENTLY RINSE** this area 4 times a day using warm salt water (1 tablespoon salt in 8oz of warm water) or mild antiseptic rinses like Breath RX. Rinse very gently after every meal and snack, making sure that the water reaches the extraction site. Rinsing removes food particles and debris from the socket to help promote healing. **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot.

DIET: For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, cream of wheat, mashed potatoes, clear soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided. Hot spicy foods should also be avoided to prevent irritation and burns of the extraction site. Also avoid carbonated and hot beverages for 3-4 days. Avoid sticky foods like taffy. Eating immediately following the procedure is not recommended. When the numbness has worn off you may eat yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site. Also, keep anything sharp from entering the wound (i.e. eating utensils, fingers and other objects etc.) It is also important to drink 8 glasses of fluids in between meals and with meals. Try vegetable and or fruit juices or high-protein drinks. Cut food into small pieces to ease chewing. Return to a normal diet as tolerated **DO NOT DRINK ALCOHOL** for 48 hours after surgery.

****** In case of emergency call office and an emergency number will be available******