

### Post-Operative Treatment Instructions

- **Swelling:** Some swelling may be present the day of and after surgery. Swelling can be minimized by placing an ice bag over the operated area on the outside of the face for the remainder of the day after surgery, alternating on and off with 15 minute intervals.
- Do not spit, because spitting will cause more bleeding. Excess saliva and a little bit of blood may look like a lot of bleeding from your extraction site.
- Sip ice water, frozen yogurt, milkshakes or similar cold liquids and keep the area cold for the remainder of the day after surgery.
- Be sure to keep the gauze in your mouth with firm pressure for 30 minutes.
- If bleeding should start again, place a fresh piece of gauze over the bleeding area. Bite on gauze with firm, steady pressure for 1 hour. Do not chew on the gauze. It is also recommended to place a moistened tea bag (not herbal tea) over the area and hold it against the bleeding site.
- For the first 24 hours, brush your remaining teeth 3 times a day. Do not rinse your mouth, or use any mouthwash products.
- After 24 hours are up, we recommend warm salt water rinses (1 tsp. salt in an 8 ounce glass of warm water) at least 4-5 times a day to help keep the extraction site clean. Please maintain a normal level of oral hygiene in non-operated areas.
- If sutures were placed, your doctor will want you to return to have them fully removed once sufficient healing occurs. Do not disturb the sutures.
- While sleeping or relaxing, it is important to keep your head raised on 2 or 3 pillows. This will prevent any bleeding or swelling.
- Drink plenty of fluids and eat anything you can swallow. Do not eat foods such as nuts, rice, potato chips, or spicy/salty foods, etc. Maintain a relatively normal diet throughout the course of healing.
- Do not drink any alcoholic beverages or smoke for at least a 24-hour period. Do not drink with a straw for 24 hours.
- It is advised that you return home and rest after having one or more teeth extracted.
- You may experience black and blue marks after your extraction. Do not worry, these are only bruises and will disappear in a few days.
- During your healing process, you may have a small, sharp bone fragments which will loosen and come through your gum. These are not roots. If these bone fragments are very bothersome, call the office and arrange for them to be removed.

**If you experience any pain, take pain pills as directed on the package or bottle. Be sure to take any medications as directed. If your pain after the extraction increases after 72 hours (3 days), or if you have any continued bleeding, please call the office.** Please feel free to call the office to report any condition that appears to be unusual. We may be reached during regular office hours at (818) 888-8824. Should you have any other serious problem when we are not in the office, please call The office number above; the 24/7 emergency number is on the Office Announcement.