



Intraoral Surgery Extractions Post-Operative Instructions

Gauze: Keep teeth firmly biting on gauze on the operated site for at least one hour after treatment or until the bleeding stops. Replace a new piece of gauze if bleeding persists. Do not chew on the treated area.

Do not rinse: Rinsing or gargling after an extraction can prolong the healing time. Do not rinse or spit for 8-12 hours following the extraction, however the next day begin to rinse with warm salt water 3 times a day. Do this for a week. Do not drink through a straw for the first 24 hours. Remember, no spitting, sucking or blowing for at least the first 24 hours!!!!

Ice to prevent swelling: The swelling could be reduced by application of ice within 20-30 minutes after the extraction. Put the ice on the site for 15 minutes, then take the ice off for 15 minutes and continue this on and off process for the first 8 hours.

Reduce activity: We advise that you refrain from any strenuous activity for 24 hours after the treatment.

Diet: Avoid hard and hot foods, also foods like popcorn or rice that can get in the area of treatment. During the first 12 hours, eat foods that don't require chewing. We suggest something cold and bland like ice cream and yogurt. Don't eat on the treatment site for at least 48 hours.

DO NOT SMOKE, especially for the FIRST 24 HOURS. Smoking can result in extremely painful healing, a condition called dry socket. You do not want dry socket!!!

If you have any other questions, please do not hesitate to ask.