

## POST OPERATIVE INSTRUCTIONS

**BLEEDING** – Your bleeding should essentially be stopped by the time you get home. After you get home and take out the gauze, it is usually not necessary to place more gauze in your mouth unless there is still bright red blood running out of the extraction site, or if you are spitting out blood clots. To have blood present when you spit, or to have your saliva look bright pink is normal for the first day following extraction. If you do require the placement of more gauze, be sure it is directly over where the tooth or teeth were and be sure you bite with considerable force (it will probably be a little sore if you are biting hard enough). Leave this second gauze in for 30 minutes.

**INFECTION** – The best way to prevent infection is to keep your mouth clean. This should be done by brushing your teeth in your usual manner after each time you eat. Be gentle when brushing around the extraction site.

**PAIN** – Pain may be the most severe the first day, and then diminish each day thereafter. Pain that goes away after two or three days and then comes back is not normal. It is usually a sign of a “dry socket”, which is a treatable problem. Please notify us immediately.

**SWELLING** – Swelling, if it occurs, is usually the result of the surgical procedure, and not from infection. This is true if the swelling is present the day following surgery. This swelling should begin to go away about the third day following the procedure. If you have no swelling for 2-3 days and then suddenly swell up, or if your swelling is still present 5-6 days following surgery, this may represent the development of an infection. Please notify us.

**EATING** – On the day of the procedure, keep your diet soft. Starting the day after, eat as well as you can, even if it means relying entirely on liquids. A well balanced diet is essential to rapid healing. Some instances may require specific diet instructions. Please follow any specific instructions you were given by the doctor.

**MEDICATIONS** – If medications have been prescribed to you, take them as directed on the label. Most medications are best taken with food in the stomach unless specifically told not to do so on the label instructions. Pain medications, especially, should not be taken on an empty stomach. You should not drink alcohol, drive a motor vehicle or work around machinery when taking pain medications.

**DO's** – You may use an ice bag to reduce discomfort, swelling and possible bleeding the first twelve hours following the procedure. Do not leave it against the skin for more than 15 minutes at a time. You may rinse and soak the area with mouthfuls of warm salt water each hour for 4-5 minutes. Do not start these rinses until the day following the procedure.

**DO NOT's** – Avoid vigorous rinsing, sucking on the wound, frequent spitting, smoking and exercising until all bleeding has stopped. Do not drink alcohol (including mouthrinses) or soda pop for 1 day following the procedure as they may disrupt the blood clot.

**NOTE** – Expect moderate discomfort (even with pain medication), some swelling and some minor oozing of blood for the first 24 hours. However, if severe pain, swelling, or bleeding occurs, please notify us. If unable to contact our office, report to the hospital emergency department.

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