



Instructions After Extractions and Surgery

After extractions, leave the gauze in the mouth for at least 20-30 minutes. Some bleeding is to be expected after extractions or surgery. When mixed with saliva the bleeding may look heavy but don't be alarmed. If necessary wad up gauze and bite down with pressure. The pressure should stop the bleeding; if you run out of gauze substitute a tea bag as needed.

Try to maintain as normal a diet as possible. Soft foods may be best for the first 24 hours. Do NOT fast. Fasting can actually make yourself worse. Maintain a good fluid intake of juice; water, etc. Drink as many fluids as you can for three days post-op. Avoid carbonated beverages.

Exercise your mouth. Try to get two fingers between your front teeth. Exercise promotes circulation in and around the extraction or surgery site, decreasing swelling. Chewing sugarless gum also helps with muscle soreness. Exercise promotes faster healing with less discomfort.

Do not forcibly rinse your mouth for the first 24 hours. This will allow a hard clot to form which protects the extraction or surgical site. Also, do not drink through a straw. This creates suction and can dislodge the protective clot. Dislodgement of the clot after extraction can lead to a dry socket. Although not serious, the exposed bone can become inflamed which can cause discomfort, or an ache to occur. Attempt to gently clean around the extraction or surgical site with your toothbrush. Cleanliness will help speed healing. DO NOT clean the area with a toothpick or attempt to clean inside the socket or preservation site. Gentle brushing and mild rinsing is adequate. NO vigorous rinsing!

Smoking is not recommended for the first 5 days. Smoking depletes your body of vitamin C which is important for fast healing. Also, the heat and suction created tends to dislodge the protective clot which can lead to an undesirable "dry socket". Nicotine can also cause decreased blood flow resulting in delayed healing.

Though swelling does not usually develop after simple extractions, it may occur after more complicated extractions and surgeries. In those cases application of an ice pack is helped to reduce swelling for the first 24 hours. Apply intermittently every 20 to 30 minutes for 10 to 15 minutes at a time. Bruising may also develop. Moist heat may be helpful after 36 hours to help jaw soreness.

A prescription may also be provided to help with discomfort; you may use it if the Ibuprofen/Tylenol combo is insufficient. Direction will be on the label. If an antibiotic is provided take the medication until it is all used up. NEVER take pain medication on an empty stomach, at minimum take with crackers, bread, etc. it is recommended that you begin take pain medication well before anesthetic begins to wear off to obtain maximum effectiveness.

To manage discomfort take 2-3 over the counter Ibuprofen with two extra strength Tylenol at the same time every 4 hours immediately after the extraction/ surgery. Keep using for a minimum of 36 hours. Do

not wait for the numbness to wear off before using this combination. Otherwise it will be much more difficult to 'catch up' to relieve discomfort.

If any problems develop or persist please contact us as soon as possible.

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