



POST OPERATIVE CARE FOR ORAL SURGERY

The most important time after you have a tooth removed is the first 24 hours. The area where the tooth was removed must heal properly to avoid any complications for discomfort at a later time.

Simple Rules To Follow To Assist You In Managing The Extraction Site Properly:

- The gauze we have given you is to be used as a pressure bandage for the initial two to four hours (or longer) until significant bleeding has been controlled. Keep the lightly water-dampened gauze over the wound and use biting pressure to hold it in place. Replace as necessary with gauze provided.
- Maintain a strict soft food diet for the first 24 hours. Avoid extremely hot or cold beverages while you are numb.
- Do not vigorously rinse your mouth for the first 24 hours, or you may dislodge the blood clot.
- The use of ice packs will reduce the amount of swelling that could take place during the first day. Apply the ice for 15 minutes on, 15 minutes off. Minimal physical activity will also be helpful in speeding up the healing process.
- Take prescribed medications only as directed on the container.
- A gentle salt water rinse should be started the next day to help cleanse the extraction area of food particles and help draw fluid out of the healing tissues (1 tsp. salt to 8 oz water).
- Smoking **should be avoided** at least for the first 24 hours as this irritates the tissue and prolongs healing.
- Total rest or at least a minimum of physical activity is suggested 6-8 hours after an extraction to ensure proper healing and avoid overloading the body's defense systems. While resting, remain in a semi-reclining position (head higher than heart).
- Do not blow your nose or take anything through a straw within the first 24 hours. The pressure caused by blowing or creating suction within 24 hours could dislodge a blood clot from the extraction site.
- If any profuse bleeding should occur or in undue discomfort continues for any length of time (a few days) the doctor should be notified and the patient should be seen soon.

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