EXTRACTION

Post-Operative Instructions

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- After your extraction, **soreness in the general area of treatment (including the jaw, surrounding teeth, and areas where anesthetic was administered) is normal** and should subside within 3-5 days following treatment. Numbness typically lasts for 2-4 hours following treatment, but may last longer.
- It is important for a blood clot to form to stop the bleeding and allow the healing process to begin, but slight bleeding may occur for up to 24 hours post-procedure. **To minimize bleeding, you may fold 1-2 pieces of gauze, moisten the gauze with water, place it over the site, and apply pressure by biting into it. Replace after 20 minutes.**
- **DO NOT smoke, swish your mouth vigorously, or drink through a straw for the first 5 days.** If the blood clot comes out, you may develop a dry socket. Dry sockets are most common in the first week following treatment. Do not suck on the extraction site and avoid manipulating or touching the treated area.
- **The day after the procedure, you can start gently rinsing after meals with warm salt water** (8 oz of warm tap water with ½ teaspoon of salt). Avoid using a mouth rinse during the early healing period.
- It is important to continue to brush and floss your remaining teeth, including adjacent sides of the extraction site. For the first day or two, avoid brushing or flossing the extraction site, but be sure to gently brush the adjacent teeth. You may start brushing normally in that area again after 1-2 days.
- It is normal to experience jaw soreness as well as soreness where the anesthetic was administered. For swelling and pain, it is important that you take a post-operative medication as discussed with Dr. Emily. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers. Do NOT wait until discomfort begins to start taking any prescribed or recommended medications.** To minimize swelling, you may also apply an **ice pack or cold compress the area** (20 minutes on, 20 minutes off).
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.
- **If swelling and discomfort worsen after the 4th day following the extraction, accompanied by possibly a foul taste in the mouth and/or a fever contact our office IMMEDIATELY. If you have difficulty swallowing or breathing, please dial 911.**

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

Mac 'n Cheese

Mashed Potatoes

Jello

Applesauce

Soup

Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread

Crackers

Nuts

Cereal

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