

Home Care Following Extractions/ Oral Surgery

Bleeding may occur for up to 36 hours after extraction. Control bleeding with light (not excessive) pressure using gauze or a teabag. Remove the gauze/teabag every several hours and replace. Please call the office if bleeding is profuse.

Minimize physical activity for the first 48 to 72 hours. No exercise for 4 days.

Swelling may occur and will contribute to post-operative pain. Apply ice packs to the side of the face, 15 minutes on, then 15 minutes off. Apply ice until bedtime, then resume for 6 hours on the following day. Use moist heat after 48 hours for any jaw stiffness.

DO NOT LAY FLAT. Keep your head elevated for the first 72 hours. (Sleep on 2 pillows.)

Pain can be controlled with 400 mg ibuprofen (2 Advil or Motrin) and 1000 mg acetaminophen (2 Tylenol Extra Strength) every 8 hours with food. Do not drive or operate heavy machinery while taking prescription pain killers, and avoid alcoholic beverages. If itching or rash appears, stop taking the medication and call Dr. Zurawel immediately.

Mouth care is very important. Rinse GENTLY the day after surgery and for the next 7 days with baking soda and water (1/2 tsp baking soda in 12 oz of water) every 3 hours. Brush and floss normally but avoid the surgical sites and do not use toothpaste. Do not use mouthwash. No spitting, no alcohol and no smoking.

Diet should consist of soft food for the first 3 days. (Put food on tongue and swallow with minimal chewing.) Drink plenty of fluids during this time, but do not drink through a straw.

Infection can occur after the 3rd day. Dry socket can occur on the 3rd and 4th day. Call us if swelling and discomfort worsens after the 3rd day, including dull pain and earache.

Please call with any questions.