

# Post Op Extraction Care

## Care of Your Mouth

You can expect to be numb for 3-4 hours after surgery. Avoid smoking, eating and drinking during this time so that you do not injure the area. Avoid brushing, rinsing, spitting, drinking with a straw, or touching the area on the day of surgery. The morning after surgery, you may rinse area and brush and floss the rest of your mouth but avoiding the surgical area.

## Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to the area - 20 minutes on, 20 minutes off for the rest of the day. Do not continue to use ice pack beyond the day of surgery.

## Bleeding

You may taste some blood or see blood tinged saliva for 24 hours after surgery. This is normal. If you feel you are actively bleeding, apply constant pressure to the area by biting on gauze or a cool wet tea bag for 15 minutes. If bleeding persists, repeat this procedure for 30 minutes. Do not use aspirin or aspirin containing products during the week following surgery as these may cause bleeding.

## Diet

Avoid eating on the surgical site. Drink plenty of fluids. Avoid foods that are hard, spicy, crispy/crunchy, or very hot (temperature) as they may irritate the area. Soft food and liquids should be eaten on the day of surgery and for the next days. Some good choices include yogurt, fish, eggs, warm soup, cheese, cooked vegetables, pasta, mashed potatoes, ice cream, pudding, and smoothies.

## Discomfort

You may experience some discomfort after surgery. Most pain can be controlled with Advil, or Tylenol 400mg of Advil every six hours if needed. Two extra strength Tylenol every six hours if needed.