



Post-Operative Instructions for Surgical Dental Extraction

1. Bleeding Control:

- Bite down firmly on the **gauze pad** placed over the extraction site for **30–45 minutes**. If bleeding continues, replace with a fresh gauze pad and bite down for another **30 minutes**.
- Slight oozing or pink saliva is normal for the first **24 hours**.
- Avoid **spitting, rinsing, using straws, or vigorous sucking** for the first **24 hours** to prevent dislodging the blood clot (which could cause dry socket).

2. Pain & Swelling Management:

- Some pain and swelling are normal. Use prescribed pain medication or **over-the-counter pain relievers** (ibuprofen or acetaminophen) as directed.
- Apply an **ice pack** to the outside of your cheek (20 minutes on, 20 minutes off) for the first **24 hours** to reduce swelling.
- Swelling typically peaks within **48 hours** and gradually subsides.

3. Diet & Hydration:

- Stick to **soft foods** (yogurt, mashed potatoes, soup, smoothies) for the first **24–48 hours**.
- Avoid **hot, spicy, crunchy, or hard foods** that may irritate the site.
- Drink plenty of **water**, but avoid using **straws** to prevent dislodging the clot.

4. Oral Hygiene:

- Do **not** rinse, brush near the extraction site, or use mouthwash for the first **24 hours**.
- After **24 hours**, gently rinse with **warm salt water** ($\frac{1}{2}$ teaspoon salt in 8 oz of water) **2–3 times a day**, especially after meals.
- Resume brushing and flossing normally, but be **gentle around the extraction site**.

5. Rest & Activity:

- Avoid **strenuous activities** for at least **48 hours**, as increased blood pressure can cause bleeding.
- Rest with your head slightly **elevated** to reduce swelling.

6. Stitches & Healing:

- If **dissolvable stitches** were used, they will fall out on their own within **1–2 weeks**. If non-dissolvable stitches were placed, return for removal as directed.
- Complete healing may take **a few weeks to months**, depending on the complexity of the extraction.

7. When to Call the Dentist:

- **Excessive bleeding** that does not stop after applying pressure for **1 hour**
- **Severe pain** that is not relieved by medication
- **Signs of infection** (fever, worsening swelling, pus, bad taste, or foul odor)
- **Dry socket** symptoms (severe pain 3–5 days after extraction with a bad taste or odor)
- **Numbness beyond 24 hours**

If you experience any of these issues, contact our office at **[Dental Office Phone Number]** immediately.

Follow-Up Appointment:

A follow-up may be needed to check healing or remove stitches. Please keep any scheduled appointments.

Thank you for following these instructions for a smooth recovery!