

## WHAT TO DO AFTER EXTRACTION

It is a goal at Fresh Smiles that your treatment visits are comfortable. Part of the success of your treatment requires that you follow these simple, post- extraction instructions:

- ❖ You have just had minor surgery. Be good to yourself and avoid strenuous activities.
- ❖ You are leaving with gauze packing in your mouth. Bite on this gauze for 30 minutes, change it, and bite on new gauze for an additional 30 minutes. The bleeding should be stopped by then. If it is still bleeding, place more gauze for an additional 30 min. After the last gauze is removed, there may be some oozing. This is absolutely normal.
- ❖ Place an ice pack on your face for 10 min. on, then 10 min. off for the first day. In 24 hours you may place warm moist compresses to the affected side. This procedure will help reduce swelling.
- ❖ If you are a smoker, it is VERY IMPORTANT that you do not smoke for 72 hours. Smoking can result in very painful dry sockets.
- ❖ Eat a soft diet that is not too spicy or extremely hot or cold.
- ❖ Drink lots of fluids. Juices and water are your best choices. Alcohol is not recommended.
- ❖ Before the anesthetic wears off, take an analgesic such as Advil Liquigels, Tylenol or Motrin. If Dr. Ottersberg has prescribed a pain medication for you, have it filled right away. If you wait for the pain to set in, then you have to play “catch-up” and you may be uncomfortable longer than you would if you had taken it before the anesthetic wore off.
- ❖ Do not suck through a straw or do any heavy spitting. This can dislodge the protective blood clot that has forms in the socket or near the surgical site.
- ❖ Tomorrow you may start rinsing with dilute salt water. Do no pick at the surgical site.
- ❖ Do not use any mouth rinses unless approved by Dr. Ottersberg. This includes Listerine.
- ❖ If you have sutures, you may need to return to the office for their removal.

Generally, the mouth heals very fast. You should expect to feel just fine in just a few short days. Of course, if you have any questions call Dr. Ottersberg at O-897-8838, H-748-5098, C-690-5344.

*Thank you for choosing us for your dental care. Abd, as always, we thank you for your referrals.*