



## **Post-Operative Instructions Following Tooth Extraction**

Our goal is for your healing process after an extraction to be as comfortable as possible. The removal of teeth is a surgical procedure, and post-operative care is imperative.

Please follow instructions carefully to avoid any unnecessary pain and possible infection. If you have any difficulties or concerns following your surgery, please do not hesitate to call us @ (403)260-6636.

### **Immediately Following Surgery**

\*Keep the gauze pad placed over the surgical area with pressure applied by biting down. Change the gauze every 30 minutes until the bleeding stops.

\*If you are prescribed pain medication, take it immediately or as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic wearing off after the procedure.

\* Do not suck on a straw, spit, or swish with fluids.

\*DO NOT SMOKE

\*Place ice packs on the side of your face where surgery was performed for the first 24 hours to address any residual swelling. Switch to a warm pack after 24 hours. Do not continue to use an ice pack after 24 hours of use. Refer to the section on swelling for an explanation.

\*Vigorous mouth rinsing or touching the affected area following surgery should be avoided. This may initiate bleeding caused by dislodging the blood clot that has formed. Do not rinse your mouth for the first post-operative day or while there is bleeding. After the first day, use a warm salt water rinse every 4 hours and after meals to flush out particles of food and debris that may lodge in the area. Do not swish vigorously or spit. Allow the water to gently flow in and out of your mouth.

\*Restrict your diet to liquids and soft foods which are comfortable for you to eat. It is advisable to eat only soft, non-spicy food for the first few days following surgery. AVOID hot food or liquid that could agitate the already inflamed area. AVOID rice, grits, and foods that are very small that may become lodged in the area.

**Happy Healing!**

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