



Choose Health. Choose Yourself.

Extractions

- You may be numb for several hours following an extraction. While your mouth is numb, **be very careful with your lips and tongue**. Avoid eating hard or spicy foods, as they are more likely to get trapped in the extraction site. We recommend soft foods or smoothies (to be consumed with a spoon, not a straw).
- **Some bleeding is normal** following surgery. We have provided sterile gauze for your convenience to be used until the bleeding stops. Firm biting pressure for the first 45 minutes after your surgery will aid in stable clot formation. Avoid activities that cause "back pressure," such as smoking, using a straw, and sucking on the extraction site. Excessive bleeding can usually be ceased by placing a moist teabag at the bleeding site for 5 minutes.
- Post-surgical swelling is normal. Applying ice packs for 20 minutes at a time to the side of your face for the first 2-3 hours following the procedure can help reduce discomfort. **DO NOT apply heat for the first 24 hours**. Delayed onset of swelling (i.e. after two or more days) may indicate infection. Please call our office if this occurs.
- Peak pain is expected to occur about 2-4 hours following surgery. Peak pain can be lessened by taking ibuprofen or prescription pain medications prior to the cessation of numbness. Soreness may last for several days following the procedure. **Take prescription medications only as directed**.
- **Continue to brush and floss as well as possible**; some bleeding should be expected. Gentle salt water rinses (1/2 teaspoon salt to 1 pint warm water) beginning the day after surgery may help.



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- Do your best to **maintain a nutritious diet and drink plenty of fluids**. Ensure and Boost drinks are helpful if chewing is uncomfortable.
- Depending on the sutures placed during your procedure, you may need to return to our office to have them removed. Your clinical team should inform you about the type of sutures used.
- If you are a smoker, **avoid smoking for as long as possible following your procedure**, at least 24 hours.
- If you experience prolonged or severe pain, swelling, bleeding, or fever, or have any additional questions or concerns, call our office at **919-286-4481**.