



S C R I P P S
FAMILY & COSMETIC DENTISTRY

Post Operative Instructions

Protection of Blood Clot

Maintain gentle pressure by biting on gauze that has been placed over the surgical area for at least 30 minutes. If bleeding continues, replace gauze compress with fresh gauze directly over extraction site. Flowing blood is not normal.

Avoid

Avoid all excessive activity. Avoid alcoholic beverages until healing is well established. DO NOT pick at the surgical area. Do not spit, drink through a straw and DO NOT smoke. The suction will loosen the clot and result in dry socket/infection, which is very painful.

Eating

Adequate food and fluid intake following extraction is important. Eat a soft diet. Avoid excessive hot liquids. Avoid spicy foods and any food with small seeds (strawberries, berries, poppy seed muffins, granola, etc.)

Oral Hygiene

A clean mouth heals faster. You may brush and floss you teeth, but please avoid the extraction site. DO NOT brush the extraction site while it is healing. You may rinse with warm salt water every three hours. (1/2 tablespoon salt in 4 ounces of water) Sutures (stitches) if placed, will dissolve on their own.

Pain

Discomfort is a normal result of oral surgery. If antibiotics are prescribed, take them exactly as prescribed. If pain medication is prescribed, take only as needed and no more than directed. Motrin, Advil and Ibuprofen are ideal OTC pain relievers. Avoid Aspirin.

Swelling

Some swelling may occur. Intermittent use of cold packs (15 minutes on/15 minutes off) is often helpful in limiting the amount of pain and swelling. A small amount of bruising may also occur.

Call our office if any of the following occur: (858) 566-8516

- Uncontrolled bleeding
- Fever
- Pain not controlled by prescription or analgesic
- Excessive swelling
- Visible infection/puss
- Severe pain with blurred vision