

McMurphy Family Dentistry

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POST OP INSTRUCTIONS FOR EXTRACTIONS AND ORAL SURGERY

WHAT TO AVOID for the first 48 hours:

- NO Smoking
- NO Spitting
- NO Drinking through a straw
- NO Drinking carbonated drinks
- NO Rinsing with any type of mouth rinse or salt water

After the procedure is completed, a blood clot will be formed. This is the first stage of healing. Nothing should be done to disrupt the blood clot. If the clot is lost, this will expose the socket, which is known as a dry socket, which is very painful and takes longer to heal.

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to place a folded gauze over the extraction site and gently bite for 30 minutes, repeating every 30 minutes until bleeding stops. Rest quietly with your head elevated. Pink or blood-tinged saliva may be seen following the surgery and does not indicate a problem. If bleeding persists after 2 hours, you may moisten a tea bag, place over the extraction site and gently bite for 30-60 minutes. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face, 20 minutes on and 20 minutes off while awake for the first 24 hours.

After the first 48 hours, begin soaking and gentle swishing of the extraction site with ½ teaspoon of salt in 1 cup of warm water will alleviate swelling and promote healing.

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off*. More severe pain may require a narcotic pain medication. Alternate Ibuprofen and the narcotic medication. First, take narcotic medication then a couple of hours later take 400mg (2 tablets/200mg each) of Ibuprofen. (Ibuprofen dosage may vary for younger patients. Please reference bottle for appropriate dosage based on height and weight). Alternate these medications as prescribed. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen or Tylenol. All medications should not exceed the recommended dosage.

***NOTE: If you are taking blood thinners, OR if you have previously been advised by your physician, do NOT take Ibuprofen or Aspirin products.**

If you have any questions, or if discomfort persists, please call our office at 228-207-1548.