

EXTRACTION

For the first 24 hours:

1. Bleeding or oozing may happen for the first 12 to 24 hours after surgery.
 - a. Bite firmly on folded gauze pad for 30 minutes to an hour. Change the gauze before they become soaked with blood. Small bleeding is normal and O.K.
 - b. If the bleeding persists, put a wet tea bag over the surgical site and bite down for about 20 minutes. Tea contains tannic acid, which assist in the blood clotting process.
 - c. If bleeding won't stop, call dentist.
2. If applies to you, take the medicine your dentist prescribed.
 - a. If allergy (red spots on body, itch, trouble breathing), call dentist right away.
3. Take pain medication before the discomfort and the anesthetic wears off. Over-the-counter pain relief medication such as acetaminophen and ibuprofen are suggested. Take medications as directed to prevent infection.
4. Apply a cold compress (ice pack). 30 minutes on, 30 minutes for the next 24 hours.
5. Sleep with your head elevated 2 to 3 pillows up to reduce swelling.
6. Rest. Do not exercise. No strenuous activities.
7. For your diet, stick with liquids or pureed foods such ice cream, yogurt, pudding, soup. Do not use a straw. Do not drink hot drinks; warm drinks are O.K.
8. Do not drink any alcoholic or carbonated drinks.
9. No smoking. No to any form of tobacco. No vaping.
10. Do not rinse or spit
11. Proceed with any special instructions given to you by your dentist.

Days after extraction:

1. If applies to you, continue to take the medicine your dentist prescribed.
2. Rinse 3-6 times a day with warm salt water for 3 days.
3. Eat healthy foods.
4. Swelling is normal after the procedure and persist four to five days. To minimize swelling, apply a cold compress (icepack) to the face. Apply cold compress 30 minutes on, and 30 minutes off.
5. You may have fever. Call dentist if over 100 degrees.
6. Continue to brush and floss, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo.