

INSTRUCTIONS TO PATIENTS FOLLOWING EXTRACTIONS AND/OR MORE COMPLICATED ORAL SURGERY

1. Bite on one or several gauze pads for at least 1/2 hour following surgery. If there is bleeding after the first 1/2 hour, place one or several new gauze pads and bite on these for 1/2 hour longer.
2. When the doctor recommends cold compresses, apply crushed ice in a plastic bag or ice bag to the side(s) of the face where extractions were done, for 15minutes on then 15minutes off each hour for 3-6 hours after surgery.
3. The first meal or two after extraction or more complicated oral surgery should consist of soft foods high in protein such as milk, eggs or ground meat. Soups are good but should not be very hot. For dessert, jello or ice cream can be eaten.
4. **ELIMINATE OR REDUCE SMOKING**
5. **AVOID RINSING YOUR MOUTH** the first 24 hours after-surgery. (if you must rinse, gently swish and let the water gently come out of your mouth into the sink **DO NOT SPIT**)
6. Take any and all **PRESCRIPTIONS** given you by the doctor only as directed.
7. Alternate 600mg Ibuprofen (e.g., Motrin) with 650mg Acetaminophen (e.g., Tylenol) every 6-8 hours or as needed.
8. If the doctor used resorbable (i.e., dissolving) stitches, they may still be there for your follow-up appointment— that is okay! **AVOID CUTTING YOUR OWN STITCHES**. The doctor will remove them at your follow-up appointment

THE DAY(S) FOLLOWING SURGERY, swish for 60 seconds 3-4 times daily with warm salt water (1/2 teaspoon of table salt dissolved in an 8 oz. drinking glass of warm water). Eat well and drink plenty of fluids. Avoid foods with seeds or small grains.

If any unusual problems arise, call the doctor.