

Please DO NOT spit, smoke, or drink from a straw for one week following the procedure. Suction or spitting motions can dislodge the blood clot and cause bleeding. Also, do not smoke for the first 72 hours, as this will lead to a dry socket and cause extreme pain.

Do not brush or rinse for 24 hours. After 24 hours, brush your teeth near the surgical areas but do so gently and use warm salt water to rinse the mouth after a meal and bedtime. Use warm salt water to rinse the mouth after a meal and bedtime. The ratio of salt should be 1/2 teaspoon to 8oz. of warm water. Continue the rinses for at least 2 to 3 weeks until the extraction site is closed. Do not use mouthwash for at least one week.

If you use a CPAP machine, please refrain from use for three days following an extraction to prevent a dry socket.

For pain, immediately take medications as directed by the doctor. Your first pill should be taken before the local anesthetic has worn off.

Swelling is to be expected for the first three days. You may also notice gradual swelling over three days, as expected. For swelling, use an ice bag or cold compress on the outside of the face over the operated area. For the first 24 hours, apply an ice bag or cold compress for 20 minutes "on," then 20 minutes "off."

A small amount of bleeding is normal. However, if persistent bleeding exists, do the following:

- Cover the area of surgery with gauze pads and bite with constant pressure for one hour, then remove and place a new gauze pad for another hour. Continue to replace the gauze hourly until bleeding subsides. Make sure to swallow saliva. Excessive salivation can make the bleeding persistent.
- If there is prolonged bleeding, place a small moist tea bag over the area of surgery and bite with pressure for 45 minutes. Again, swallow saliva while biting on the gauze or tea bag.
- Keep it elevated and apply an ice bag
- If bleeding persists, call our office for instructions.

A light, soft diet is advisable during the first week after surgery. Drink plenty of fluids.

If stitches are inserted, they will usually be the type that dissolves. Therefore, do not be alarmed if they begin to fall out soon after surgery.

During the healing process after tooth removal, small fragments of bone may work up through the gum. These are not pieces of tooth and often come to the surface themselves. Bone fragments typically flake off on their own. However, if it is persistent and painful, please return to the office for their simple removal.

Some discoloration at the surgical site (white or brown) may be expected.

Apply lubricant, such as cold cream or vaseline, to the corners of the mouth and lips to minimize chapping.

After tooth removal, use an irrigation syringe for bottom sockets starting one week after surgery. The doctor will give you a syringe if necessary. We ask that the following week remain restful - no heavy lifting, contact sports, or vigorous exercising.

Compliance with these instructions will add to your comfort and recovery. If any difficulty or questions arise at any time, do not hesitate to telephone

Dr. Park at 614-636-0338

or

Dr. Molzahn at 614-681-4758

If there is a severe problem, such as difficulty swallowing or breathing, contact the office immediately or call 911.