



2803 N Bogus Basin Rd
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Office: (208) 343-1393
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Postoperative Instructions: Tooth Extractions

We care about your comfort and health!
Do not hesitate to call if problems or questions arise.

Postoperative Instructions (upon leaving office and arriving home):

1. Remove gauze packs about 20 minutes after leaving office.
2. Eat soft to liquid foods after removing gauze (i.e. applesauce, yogurt, Jell-O, pudding, warm broth, carbonated beverages).
 - a. NO STRAWS, SPITTING, OR SMOKING – any suction can encourage bleeding.
3. Take pain medications as directed.
4. Re-evaluate bleeding. Extra gauze has been provided. See below for additional instructions.

BLEEDING: Bite firmly on gauze placed over the surgery area for approximately 30-45 minutes. Remember to keep constant pressure. Any secondary bleeding may be controlled in the same manner. Gauze may need to be replaced several times. A moistened tea bag may be substituted for gauze. A semi-upright position is advisable. Slight “oozing” may continue for 1-2 days.

PAIN: Take medication as directed. Prescription pain medication is not always necessary. If the surgery was not difficult, you may use over the counter medications such as Tylenol, ibuprofen, etc. **DO NOT DRIVE, OPERATE MACHINERY, OR DRINK ALCOHOL WHILE ON PAIN MEDICATION.**

DIET: It is very important that you eat soon after arriving home. Eating can reduce the chance of nausea. Use soft to liquid foods while you are numb. After the numbness has worn off, you may eat whatever you can manage. A good diet will aid in a speedy recovery.

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NAUSEA: Drink small amounts of carbonated beverages to help with nausea (i.e. 7-Up, Sprite, colas, etc.). Frequent meals can reduce the chance of nausea. If nausea persists, please contact us.

SWELLING: Swelling will occur after surgery and will vary with each individual. Ice packs may be used to limit this (20 minutes on, 20 minutes off). Ice only for the first 24 to 48 hours. After 3 days, moist heat may be used. If swelling or pain is excessive, please call our office.

INFECTION: If an antibiotic has been prescribed, take as directed. If you develop hives or a rash, immediately discontinue and call our office.

ORAL HYGIENE: Do not rinse your mouth the day of surgery. Starting the next day you should rinse several times a day with warm salt water. Brush your teeth in a normal manner and as thoroughly as possible. A little bleeding may occur, this is not unusual. There will be an open socket where the teeth were removed. After 5 days, start rinsing the extraction sockets every few hours with the irrigating syringe you have been provided. A slight bad taste or odor may be present.

FOR YOUR INFORMATION:

- The surgical site(s) will usually swell and may become quite large.
- You may have difficulty opening due to stiffness of the muscles.
- You may develop a sore throat or have a slight earache.
- It may take 4-6 weeks for the sockets to fill in with new tissue.
- Discoloration may occur on the outside of the face near the area of surgery. This occurrence is not unusual and will resolve in several days.
- You may develop a low-grade temperature. Call our office if temperature continues for more than 48 hours.

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