

## POST-OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

1. If you have been sedated, keep relatively quiet today. Have someone with you for most of the day. Do Not drive a vehicle for 24 hours following surgery.
2. Do not smoke or drink from a straw for 1 week following surgery.
3. Keep head elevated when sleeping for 3-4 nights to help decrease swelling.
4. Apply ice packs to jaw area intermittently for the first 72 hours following surgery. (On 20 min-off 20 min). After 72 hours, switch to warm moist heat.
5. Expect an increase in swelling the first 3-4 days following surgery. On day 5 after surgery, swelling should begin to decrease.
6. Gently bite on gauze packs provided for about 30 min and change as needed. Do not sleep or eat with gauze in mouth. It is normal to experience blood-tinged saliva for 24-hours following surgery.
7. Drink plenty of fluids following surgery. Hydration is important. Refrain from drinking extremely hot fluids until numbness resolves.
8. Do expect numbness to last 2-6 hours following surgery.
9. Do start with a soft diet after gauze is removed. I.e. soup, pudding, Jell-o. Increase diet as tolerated.
10. Take prescribed pain medications and antibiotics as prescribed. Do not take on an empty stomach. If you have been prescribed narcotic pain medication, Do Not drive or operate heavy machinery while using.
11. Brush your teeth after surgery avoiding the extraction sites for one week.
12. Start warm salt water rinses the day following surgery. Rinse 3 -5 times a day for at least one week, or until able to brush on extraction sites without tenderness.
13. You may have been provided with an irrigating syringe. If so, start irrigating lower sockets day 5 after surgery, until sockets are closed.
14. If sutures are present, they will dissolve in 7-10 days.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE  
ANYTIME AT (701)255-4000 OR TOLL FREE 1-800-452-3223.**