

# **West Suburban Family Dental**

## ***Post-Operative Instructions***

While you're recovering from your surgery, we have some Post-Operative instructions to make you more comfortable and speed healing of the extraction sight.

- Gauze pressure on the area of extraction is essential in the first hour post surgery. This will aid in formation of blood clot in the extraction site. Blood clot is the source of nutrients for the area, so that healing can be guaranteed.
- NO spitting, NO rinsing, and NO drinking from a straw for the first 24 hours post surgery. The reason for this is that it takes 16 hours for the blood clot to stabilize itself in the tooth socket. Spitting, rinsing and straw utilization can remove the blood clot and result in Dry Socket. Dry Socket is infection of the bone and is associated with extreme pain.
- If you've been given a prescription for antibiotics make sure all capsules are taken as directed. Do NOT take Aspirin post-surgery. Only extra strength Tylenol can be taken for pain.
- Food: Soft diet only! Nothing hot, spicy or sharp to be consumed for the first 24 hours post-surgery. Soup broth that has been cooled in the fridge is one suggestion. Any kind of juice or soda can be consumed.
- You're going to be a little sore for a day or so. If we have prescribed medication for pain, take it as directed. Anytime you suspect the pain is abnormally intense, call the office right away. Any instructions we've given you for antibiotics must be followed to the letter – take them until all are gone.
- Try to keep your head elevated, even when you sleep. Swelling can be controlled by ice packs. Apply packs for 15 to 20 minutes every hour – no more than that.
- Expect some bleeding. A gauze pad pressed gently over the area will usually minimize bleeding. A blood clot will begin to form within an hour alter surgery, and you must take special care with it for 24 hours. The clot furnishes structure for new tissue and eventually bone. Don't chew on it, brush it, or even rinse right away. Avoid sucking through straws. This could dislodge the clot.
- If bleeding persist you may substitute a tea bag for 20 to 30 minutes. If the bleeding remains uncontrolled please call the office.
- Do not smoke for at least 48 hours, since this is detrimental to healing and may cause a dry socket.
- Keeping your mouth clean after surgery is essential. On the second day use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water. Continue the rinses 2 to 3 times per day for 5 days.
- Most important: call us with any concerns or questions you may have during your recovery period.

***Any questions or concerns please call the office  
(630) 571-3030***