

# SHERMAN OAKS COSMETIC AND IMPLANT DENTAL GROUP

## Extraction Post Operative Instructions

Telephone: (818) 990-4121

- Following surgery a gauze pad should be folded and placed over the extraction site for **at least 30 minutes**, for purpose of biting on. At the beginning of this period, change the gaze every five minutes. With time, you will need to change the gauze only when necessary.
- **Do not rinse or spit** for the first 24 hours. This allows for proper blood clotting to occur, which is necessary in the healing process.
- Slight oozing of blood is normal for a day or two after oral surgery. **If bleeding is heavy, please call** our office so that advice may be given.
- Wipe blood and saliva from lips with a tissue.
- Use an inexpensive towel to cover pillow at night. Some blood may appear which is normal.
- **Denture patients** should not remove their dentures for at least 24 hours following surgery. After this time period, remove dentures and clean well.
- It is advisable that **someone drive the patient home** following oral surgery. This will allow the patient to lie down or recline in the car while being driven home.
- Do not leave patient home unattended. If the patient is a child, please watch over them as they recover. Their lip will still be numb, so be careful that they do not bite it.
- The patient should **not smoke** for 48 hours following surgery.
- The patient should **not drink through a straw** for 48 following surgery.
- **Avoid hot** floods and drinks for the first 24 hour following surgery.
- **Diabetic patients** should maintain their normal diet and make medications as usual.
- If advised by treating dentist, **do not blow your nose** following an extraction for a period to be designated.

### Medications:

- Take medications as directed.
- For adult in mild pain, one two aspirin or Tylenol every four hours. If a skin rash develops, do not take more medications.
- If the doctor has prescribed codeine, take it only if aspirin or Tylenol does not stop the pain.
- Do not drive a car or use heavy machinery when taking codeine or any other pain medication.
- Do not drink alcoholic beverages when taking prescribed drugs.
- For swelling, apply an ice pack to the area of the face where surgery was performed. This should be done in cycles of 20 minutes on, followed by 20 minutes off while awake during the first 24 hours following surgery.
- Brushing of the teeth is important and should begin the day after surgery.
- Rinsing gently with warm salt water (one teaspoon per glass) can also begin the day after surgery and can be done several times a day.

**DO NOT RINSE OR SPIT THE DAY OF THE SURGERY**

**KEEP YOUR FOLLOW UP APPINTMENT.** Even if you are feeling good, we need to make sure you are healing properly.