

JEAN B PURVIS COMMUNITY HEALTH CENTER OF BUTLER COUNTY

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POST-OP INSTRUCTIONS FOLLOWING EXTRACTIONS / ORAL SURGERY

Please follow the guidelines below. If you have any questions, please call our office.

BLEEDING - Some bleeding or redness in the saliva is normal. Keep steady pressure on the bleeding area by biting firmly on gauze. Pressure helps reduce bleeding and permits formation of a clot in the tooth socket. Gently remove the gauze and replace it about every 30 minutes for the 1st hour.

SWELLING - Swelling is a normal occurrence after surgery. Apply an ice bag over the affected area. Use 15 minutes on and 15 minutes off to help prevent swelling and discomfort.

DIET - Drink plenty of fluids (do not use a straw). Avoid hot liquids or foods. Soft foods should be eaten on the day of surgery, be careful not to disturb the blood clot. Add solid foods only when it is comfortable to chew.

NO CAFFEINATED BEVERAGES ▪ NO ALCOHOL ▪ NO TOBACCO ▪ NO SMOKING

ANTIBIOTICS (if prescribed) - Begin taking medications as directed to minimize discomfort after the anesthesia wears off. Take antibiotics as prescribed until it is gone. Do not skip doses or quit taking your antibiotic simply because there is no pain.

ORAL HYGIENE - Rinse mouth gently using ½ teaspoon salt dissolved in a glass of lukewarm water. Repeat every 2-3 hours for several days. Rinsing helps to remove food particles and debris and promotes healing. Avoid mouthwash containing alcohol until the site has healed. It is very important to resume your normal dental routine after 24 hours; this should include brushing your teeth and tongue and flossing at least once a day.

ACTIVITY - Limit physical activity for the 1st 24 hours. No lifting or vigorous exercise.

❖ **Call our office to report bleeding, swelling or pain - 724-841-0980**

If our office is closed, if you believe your concern is urgent or life threatening, seek services at the nearest emergency room at your own expense.

If bleeding occurs and you are unable to stop it after biting on gauze, place a NEW, WET tea bag over the extraction site, bite, applying pressure. If the bleeding does not stop, proceed to the nearest emergency room at your own expense.

❖ **Pain Relief**

Take two (2) 200 mg Advil or ibuprofen tablets with two (2) 500 mg Tylenol or acetaminophen tablets while still numb, then repeat as needed every six (6) hours. The combination of both over-the-counter medications is very effective in eliminating dental pain and discomfort. If you do not have these medications and/or cannot afford them, please let us know.

❖ **Call our office with any other questions or concerns - 724-841-0980**

Thank you for the opportunity to take great care of you!

CHC Dental Team