**Post Operative Instructions for Extractions and Oral Surgery**

**Day 1-** Continue biting on the gauze for 30-60 minutes following the procedure. Do NOT spit, rinse,suck (using a straw), smoke, drink carbonated or alcoholic beverages for at leadt 24 hours. Passively empty your mouth when needed.

**Day 2:** You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your bocy and tale it easy. **No heavy lifting, spitting, sucking, alcohol or smoking.**

**Oral Hygiene:** Brush Gently. The corners of your mouth may become cracked and dry-moisturize frequently.

**Discomfort**- Over-the-counter-pain medication (ibuprofen,ALeve,and Tylenol) may be taken as directed on the bottle to relieve discomfort.

**Swelling**: Apply cold compresses to affected areat at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.

**Bleeding**: Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the officeif the bleeding does not subside.

**Diet**: Drink plenty of flouids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt,milkshakes (no straw), soups, fish, pasta. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opnening wide.

**Stitches**: If you have received sutures, avoid playing with them. A fifteen minute appointment will be needed to remove the sutured in 7-10 days.

**Prescriptions**: If you have been prescribed antibiotics, take them as directed until they are all gone, even if the symptoms dissipate. Some antibiotics can interfire with the effectiveness of birth control pills or other medications. If pain medication or a mouth rise is prescribed take as directed.