

## Extraction Post-Operative Instructions

The healing process is different in every individual. It depends on multiple factors, including health, age, healing physiology, tissue health surrounding the surgical site, type of surgery, and post-operative care.

### Overview ...

- Bite firmly on gauze; replace every 30 to 45 minutes until bleeding stops
- Ice for 24 hours; 20 minutes on, 10 minutes off
- Avoid spitting or using straws for 24 hours
- No strenuous activities for 48 hours
- Do not rinse or brush on the evening of surgery
- On the day after surgery, begin oral rinses with water or salt water (saline) every two hours; continue for at least 10 to 14 days
- Do not smoke for seven to 10 days (first 24 hours for bleeding problems, thereafter to avoid healing complications such as dry socket, infections, poor closure)
- Follow a soft diet for three to five days; advance as you feel comfortable

### Do Not Be Alarmed By ...

- Slight bleeding up to six to eight hours or very slight oozing into the next day
- Increase in swelling 36 to 48 hours after surgery
- Bruising of skin over neck or chest areas
- Sutures loosening
- Small openings of incision site
- Radiating pain to different parts of head and neck

### Call Your Dentist Immediately If ...

- Pain increases after three to five days
- Swelling increases three to five days after surgery with pain and drainage
- Significant bleeding continues more than eight hours after surgery
- Any drainage or infection marked by swelling and increase in pain
- Rashes, hives, itching following use of medications
- Significant opening of incision lines over grafted regions