

POST OPERATIVE EXTRACTION INSTRUCTIONS

BLEEDING

Pressure controls bleeding. To stop active bleeding, place a cold, moistened gauze pad or moistened tea bag over the site. Bite down firmly for 30 min. REPEAT if necessary. Slight oozing that does not require gauze pressure is normal following surgery and may persist for the first 12-24 hours. If excessive bleeding continues, please call 508.842.6113.

PAIN

Slight to moderate pain can be controlled with your preferred over-the-counter pain relief medication. Severe pain can be controlled by the prescribed narcotic as directed and following the precautions and warnings that are included with the medications. Discomfort can last up to 7-10 days.

SWELLING

Swelling may be kept to a minimum by holding a cold pack on the outside of your face, adjacent to the surgical area for 4-8 hours after your visit. Leave it on for 20 minutes, then off for 20 minutes. Maximum swelling will occur 48 hours after surgery. Bruising and slight discoloration may accompany your facial puffiness and swelling is considered normal.

RINSES

Start to use prescribed rinse same day of surgery at bedtime after brushing teeth (AVOID surgical site). Continue for 2 weeks. STOP using any form of mouthwash in the meantime. **NO STRAWS OR EXCESSIVE SPITTING for 24 hours, NO SMOKING OR VAPING for 72 hours.** Keep your tongue and fingers away from the surgical site. Slight difficulty opening your mouth widely is normal.

DIET

A liquid or soft diet is advisable during the first 24 hours. Drink a lot of fluids. Avoid drinking with straw for the first 48 hours. Smoking and consumption of alcoholic beverages should be avoided during the first 24 hours.

SUTURES

Unless you were directed to return for the removal of the sutures, they will dissolve in 5-10 days.

CONCERNS

If you have any doubts or concerns, please call us at 508.842.6113. If you are calling after hours, please call 617-461.9125 and leave a message. Thank you.