

James M. Everhart, D.D.S.  
9399 Madison Avenue  
Orangevale, CA 95662  
(916)988-0300

### Post-Operative Instructions Following Extraction

**Bleeding:** A certain amount of oozing is normal especially following difficult extractions. Avoid spitting or using a straw as it may stimulate bleeding. There are no major vessels involved however, blood mixes with saliva and it seems like more.

To Control bleeding:

1. Place gauze pack directly over surgical site which is bleeding.
2. Bite down firmly on the pack so that pressure is exerted directly on the bleeding site. (If pack is just between the teeth, no pressure will reach the bleeding tissue and no benefit will be achieved.)
3. Maintain the pressure pack in place, with no blood escaping for 30 minutes.
4. Repeat the same procedure as necessary
5. You may substitute a tea bag (soaked in hot water, squeezed damp dry) for 20-30 minutes.
6. If bleeding persists (abnormally) Please call our office. 988-0300

**Pain:** Take prescription(s) if prescribed by Dr. Everhart. If additional relief is required and you are not allergic to Advil (Ibuprofen), take one to two tablets with milk or water every 3 or 4 hours in addition to regular pain prescription.

Since the pain is most severe as the anesthetic wears off, if you take the first pill before then, you will be able to manage any discomfort better.

**Swelling:** A certain amount of swelling is expected especially with difficult extractions or impactions. The swelling can be somewhat inhibited by the immediate use of an ice pack after surgery. Place pack on face for 15 minutes, then off for 15 minutes. This should be applied for the first 12 hours for maximum effect.

**Diet:** It is advisable to confine the first day's intake to bland liquids or puree food (creamed soups, pudding, yogurt, milk, shakes etc.) Over the next few days you can progress to solid foods as comfort dictates. However, do not eat crunchy food such as chips or nuts for 7 days. If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.

**Rinsing:** 24 hours after surgery, use a solution of  $\frac{1}{2}$  teaspoon of salt in a glass of warm water as needed to freshen the mouth. Tooth brushing should continue in the non-surgical areas but be gentle. This will lower mouth bacteria and promote faster healing. Do not rinse at all if any seepage of blood is present.

#### **VERY IMPORTANT:**

**DO NOT SMOKE OR DRINK ALCOHOL FOR AT LEAST 64 HOURS FOLLOWING SURGERY!!** It can break blood vessels and cause a dry socket with further infection.