

# Post Op Extraction Instructions

- 1) Take Ibuprofen/Tylenol over the counter before the numbness goes away. Take some more every 6 hours for 3 to 4 days.  
If a pain medication was prescribed make sure to dispense it from the pharmacy right away and take one before the numbness goes away. 4 hours later take Ibuprofen; 4 hours later take the prescribed pain medication and so forth. DO NOT WAIT FOR IT TO HURT.
- 2) No Smoking, No Alcohol, No Mouth Wash, No Spitting, No Vigorous Rinsing
- 3) Keep Biting on the gauze for 45 minutes. Then have something cold like ice-cream or pudding. If you are still bleeding use the extra gauze provided or a tea bag for another 45 minutes.
- 4) Food will be soft and cold nothing warmer than room temperature. Nothing spicy or crunchy
- 5) The next day start warm salt water rinses 3 to 4 times a day especially after eating by gently rinsing and letting the water fall out.
- 6) Small sharp bone fragments may work up through the gums during healing. They could be slightly painful and uncomfortable. These are not roots; if they are too bothersome please return to our office for their simple removal.
- 7) The proper care following extractions will hasten recovery and prevent complications