
POST OPERATIVE INSTRUCTIONS

1. Keep pressure on gauze for 30-45 minutes.
2. Apply ice from the outside as soon as possible. Apply for 5-10 minutes; on and off for 1 hour or longer.
3. There may be some oozing of blood after gauze is removed (up to 30 min. later) which is ok to swallow as normal. Do not spit, rinse, gargle or use a straw for the next 24 hours. Also, do not smoke for the next 24 hours. These five things create negative pressure which may dislodge the clot. This can lead to excessive bleeding and/or a dry socket.
4. If there is excessive bleeding after gauze is removed, roll up a few gauze squares and apply pressure for another 30-44 minutes. (Make sure hands are washed thoroughly.) We will provide you with extra gauze squares; know that you can also substitute gauze with dry tea bags.
5. Do not eat or drink for the next 2 hours. Stay on a soft, cold diet for the next 12-24 hours. After 24 hours, you are free to eat or drink. Avoid the extraction site completely. Stay away from alcoholic beverages if you are taking any medications.
6. After 24 hours, rinse your mouth with warm salt water after each meal.
7. If you have any pain, excessive bleeding or concerns, please call our office at (520) 293-2266.