

Extraction Post-Operative Instructions

Before you leave the office we will give you fresh gauze. Bite firmly on the gauze pads covering each site to help stop the bleeding. You may change the gauze once more at home, making sure to leave the gauze in for 30 additional minutes. Remember to remove gauze before eating or drinking. If you experience excessive bleeding (pooling or dripping blood out of the extraction site within 15-20 seconds of removing the gauze) try biting firmly on gauze for another hour switching the gauze half way through. If it continues, please call the office.

You may have difficulty feeling your lips, cheek, or tongue due to numbness. This is temporary and will wear off within two-six hours. Please take care not to bite your lips, cheeks, or tongue. Do not drink anything hot until the numbness has worn off as you may burn your mouth.

Some amount of discomfort is to be expected following any surgery. You may take a combination of **2 Tylenol** (650mg-1000mg) and **2-4 Advil** (400mg-800mg) every six hours provided you have no allergies to these medications. If the doctor provided you with a prescription for pain killers, you may take those as directed, if the Tylenol/Advil combination is not strong enough. The highest level of pain management is to take 1-2 pain killers with 2-4 Advil every six hours. **Do not take pain killers and Tylenol as the pain killers already contain Tylenol.**

Main Rules

Please follow these rules for one week. This will keep the blood clot in place which improves healing, reduces discomfort, and reduces the risk of dry socket.

- **No Smoking**
- **No Swishing**
- **No Spitting**
- **No Straws**

You can eat whatever you feel like eating. Many patients find that eating soft foods is more comfortable.

Brush your teeth normally. Go slowly when approaching the surgical site as to not disrupt the tissue. Since there's no spitting allowed, in order to remove the toothpaste, use water and tilt your head side to side, then let it dribble out.

Your sutures will dissolve on their own and may come out any time after surgery. You may notice that they are loose after the swelling of your gum tissue decreases. This is completely normal.

You may be asked to return to our office for a post-operative follow-up visit 7-14 days following your surgery.

*Please do not hesitate to contact the office at 212-838-6226 if you have any questions or concerns. **If the office is closed and you have a dental emergency you can reach our answering service by calling 888-290-0669.**

All the best,

Tahoe Dental Arts