

Your next appointment: Date \_\_\_\_\_ Time \_\_\_\_\_

### Postoperative Instructions: After Dental Extraction

#### The First 24 Hours

- A cold ice pack should be applied externally for the first 24 hours. Alternate 20 minutes on / 20 minutes off.
- Beginning 4 hours after your surgery, apply a pea sized amount of Sockit!™ Oral Pain Gel on all surgical sites. Continue use every 4-6 hours to relieve topical pain and promote healing.
- Resume routine medications immediately following your surgery. Complete the entire course of antibiotics prescribed. Only use pain and nausea medication as needed.
- Gauze has been placed over the surgical sites and light biting pressure should be applied. Change the gauze after eating or drinking. Remove the gauze once the bleeding subsides.
- If bleeding persists, moisten a tea bag and place over the surgical site for 30 minutes to stimulate blood clotting.

#### Hygiene

- Brush your teeth in the evening after your surgery. Avoid brushing the surgical site for 3 days, then begin using a soft bristle brush.
- After 3 days, begin rinsing with Peridex twice a day. Discontinue use of Peridex as a rinse after 2 weeks.
- Do not eat or drink for 30 minutes after using Peridex.
- After 5 days, begin using the cleaning syringe in the *lower sites only*. Draw up warm salt water and flush the sites after eating until the doctor advises you to discontinue use.

#### Diet

- Avoid very hot liquids, carbonated drinks and use of a straw for 3 days.
- Avoid food with seeds or small particles.
- Avoid any excessive pressure on the surgical site such as pushing your tongue near the extraction area for 2-4 weeks.
- Soft food ideas: Jell-O, soup, pasta, smoothie, mashed potatoes, scrambled eggs, applesauce, pudding, ice cream, cottage cheese, boost/ensure, etc.

#### General Guidelines

- Avoid smoking and alcohol consumption for 3 days.
- If an upper tooth was extracted, avoid air travel for 5 days.
- If sutures were placed, they will dissolve in approximately 1 week.

#### Common Symptoms

- Dry sockets occur when the blood clot dislodges prematurely from the tooth socket. Symptoms include throbbing pain at the surgical site which may radiate through the ear.
- Numbness of the tongue and lips may occur.
- Stiffness in the jaw is common and should relax on its own within 1 week.
- Bruising may appear and should resolve on its own within 10 days.

#### Report any of the following to your Surgeon

- Temperature over 100.6°
- Purulent (yellow) drainage
- Excessive bleeding
- Swelling lasting longer than 5 days
- Dry Socket
- Numbness lasting longer than 1 week

#### Instructions from your Surgeon

Patients recover from surgery at different rates. Depending on the nature of your surgery, your age and your individual recovery capacity, you should expect to return to normal activity 2-4 days after your surgery.

Your surgical assistant today was:

***For after hour emergencies, please call the office at 817.552.3223. Select option 2 to leave a message and Dr. Tye will return your call.***