

## **Post Operative Instructions**

**Bleeding:** Normal oozing may occur for up to 24 hours or more following surgery and is controlled by firm pressure on several gauze pads placed over the tooth socket. If bleeding is brisk and fills the mouth quickly, call Christman Dental at (715) 726-1060.

**Swelling:** Swelling and sometimes bruising are common after extractions. The maximum swelling, pain, and jaw stiffness occurs 24 to 48 hours after extractions. Apply ice packs for 15 minutes on then 15 minutes off until bedtime on the day of your appointment. Also, keep your head elevated until bedtime. Moist heat after 36 hours may help with stiffness.

**Pain:** The greatest amount of discomfort occurs in the first 6-8 hours after treatment. It is important that you begin taking your pain medication before the local anesthetic wears off. Never take pain medication on an empty stomach. If itching or a rash develops, stop taking all medications and contact the office or emergency number listed above.

**Infection:** Infection following tooth extraction is rare, but if swelling and discomfort worsens after the fourth day following extraction, along with a foul taste, fever, and difficulty swallowing, contact the emergency number listed above.

**Mouth Care:** **No rinsing or smoking** for 24 hours following extractions. The day after surgery, rinse with a warm glass of water mixed with one teaspoon of salt five times a day for at least one week. Brush and floss as usual but avoid extraction site(s). The corners of your mouth may crack so keep them moist with Vaseline.

**Diet:** It is important to maintain good nutrition following tooth extraction. Eat a lukewarm, soft diet the day of surgery. **Do not use a straw.** Stay away from hard, chewy foods. Drink plenty of fluids. **DO NOT** eat popcorn, peanuts, chips, or other small, hard food for six weeks.