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## Dr. Paul Hu Dentistry

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### **PATIENT INSTRUCTIONS AFTER ORAL SURGERY (EXTRACTION)**

#### **1. Bleeding - Bite on Gauze for 30-45 minutes**

If bleeding persists after the gauze is discarded, moisten a fresh tea bag and place on the extraction socket and bite on for 30 minutes and then throw it away.

#### **2. Medications**

If you have been prescribed medication then take according to instructions. In case of pain, you can take over-the-counter medications such as Advil, Tylenol, Aleve etc. Do not take any medication with alcoholic beverages.

#### **3. Swelling**

An ice bag may be applied outside the face next to the site of surgery, 20 minutes on and 20 minutes off for the first 24 hours. Then switch to warm massage. Use 2 pillows to sleep on at night.

#### **4. Oral Hygiene**

Keep fingers and tongue away from the extraction site or the operative site. Do not rinse your mouth for 24 hours. After 24 hours and providing there is no bleeding, begin oral hygiene care. Start to rinse your mouth with warm salt water (1/2 teaspoon salt and a glass of warm water) after each meal and brush your teeth. Avoid brushing at the surgical site for the **first four days**, only brush gently to remove food debris.

#### **5. Diet, Smoking, Alcohol**

**Do not smoke or consume alcohol for a minimum of 3 days.**

It is permissible to drink cool non-alcoholic liquids. Do not use straws. Do not spit. Avoid hard food for 24 hours and chewing on the extraction site. Maintain a soft diet. A regular diet can usually begin after 5 days.

#### **6. Stitches (if applicable)**

The stitches are placed to hold the gums together. Please do not touch them nor try to remove them as that may cause pain, discomfort and treatment to fail.

Avoid strenuous work and heat for 24 hours.

In case of an emergency, contact our office or go to the nearest hospital.