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POST OPERATIVE INSTRUCTIONS

BLEEDING:

Bleeding is to be expected following extractions and other surgical procedures. Place sterile gauze, folding to about thumb size over the bleeding area. Make sure the gauze is over the extraction site. Bite firmly on the gauze to maintain gentle pressure for half an hour.

If bleeding has not subsided, use a fresh gauze for an additional half hour. Repeat if necessary. If bleeding persists, it usually means the gauze is being clenched between teeth rather than exerting pressure over the surgery area. If bleeding continues you may substitute a tea bag (soaked in hot water, squeezed dry and wrapped in moist gauze) for 30 minutes. If bleeding is still not controlled, call the office: **334-298-9900** or **706-464-8902** if after hours.

DIET:

On the day following extractions, a soft diet is recommended, advancing to your normal diet as tolerated. See list of suggested foods below.

SWELLING:

Following dental procedures, some swelling of the jaw is to be expected. Normally, swelling will reach its peak on the second day following surgery and begin to resolve by the fourth day. To minimize swelling, apply an ice bag or a towel wrapped around crushed ice to the outside of your face for the first 6-8 hours following extractions, alternating 10 minutes on, 10 minutes off.

PAIN:

Moderate to severe pain can be expected following extractions. A prescription for pain medication will be given to you. Use this as directed. Do not take pain medication on an empty stomach, as this could cause nausea.

HYGIENE:

Do not brush your teeth or rinse your mouth the day of the extraction. The following day, resume brushing your teeth, being careful to avoid brushing the areas where sutures were placed. You may also rinse your mouth 2-3 times daily with warm salty water (1 cup warm water/1 tsp. salt) or non-alcohol mouthwash.

DRY SOCKET:

A dry socket occurs occasionally following the removal of back lower teeth, especially wisdom teeth. It occurs if the blood clot in the socket dissolves or is lost prematurely. Smoking, drinking through straws, spitting and poor hygiene greatly increase your risk of having a dry socket. Symptoms include a throbbing or earache-like pain that occurs 3-4 days after extractions. If you suspect you have a dry-socket, contact our office immediately for treatment.

DO'S & DON'TS

DO

1. Take medication only as directed. If an antibiotic is prescribed, finish the prescription as directed.
2. Elevate your head on 2-3 pillows while sleeping.
3. Call our office if you are having any problems or if you have any questions.

DON'T

1. **Do not smoke for 48 hours post operatively** as this will increase bleeding and increase the risk of a dry-socket.
2. Do not drink through a straw as this may cause the same problem as smoking.
3. Do not blow your nose vigorously or sneeze with your nostrils pinched.
4. Do not operate any dangerous machinery or an automobile while taking the pain medication.
5. Do not get hot and sweaty the first 24 hours after extraction.

Food List for Extraction Patients:

DO NOT eat anything hot for the first 24 hours after extraction. Hot foods can cause excessive bleeding and may burn the extraction site. Also, you should not eat or drink milk products the first two hours after extraction.

EXAMPLE FOODS FOR THE 1ST DAY:

Gatorade/PowerAde

Jello

Pudding/Yogurt

Ice Cream/Frosty

Lukewarm soups

Mashed potatoes

***ONLY COLD OR LUKEWARM FOODS
& LIQUIDS. NOTHING THAT
REQUIRES MUCH CHEWING.**

EXAMPLE FOODS FOR THE 2ND DAY:

Mashed potatoes

Soups

Mac & Cheese

Eggs

Grits

***SOFT FOODS THAT ARE
COMFORTABLE TO EAT.**

FOODS THAT YOU *SHOULD NOT* EAT FOR 7 DAYS:

Potato chips/Corn Chips/Doritos

Popcorn

Tacos

Apples

Celery

Nuts

***ANYTHING CRUNCHY.**