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Diplomate of the Board of Periodontics

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Post – Extraction Instructions

1. **Medications:** Be sure to take medications as prescribed. They are best taken with food unless otherwise noted. Do not drive if taking a narcotic.
2. **Smoking:** Smoking does not allow tissues to heal properly. **Do not** smoke. This may lead to a dry socket.
3. **Diet:** This is no time to lose weight. You must eat soft but nutritious foods in order to heal properly. Supplement your diet by having Ensure with your meals. **No drinking through straws.**
4. During the **first 24 hours** following your extraction, **do not** spit. If you need to empty your mouth, gently empty into a Kleenex. Do not blow your nose – just wipe.
5. **Cleaning:** Do not brush or floss the area of the extraction. However, keep up good oral hygiene in the remainder of your mouth. You may rinse with Chlorhexidine Gluconate (Peridex) 24 hours after your surgery.
6. **Activities:** Please refrain from exercising for 3-4 days following extraction. Do not drive or engage in dangerous work while taking narcotic medication.
7. **Ice Pack:** Apply an ice pack to your face several times a day during the first 24 hours. It is normal for swelling to increase in severity up to the 4th or 5th day following surgery. Moist heat may be used after the first 24 hours instead of ice, if desired.
8. **Fever:** A low-grade fever is normal during the healing process.
9. **Bleeding:** Slight bleeding or spotting of the saliva is normal up to 48 hours following the surgery. If excessive bleeding occurs, first, carefully remove all traces of blood clots in the area and then apply firm pressure with a moist gauze pad or tea bag for 10 – 15 minutes.
10. **Sutures:** Most sutures will dissolve within 10 days. Occasionally, we will use specific sutures designed to dissolve in 3 to 4 weeks.
11. Please **follow up** with us in 7 – 10 days post extraction.
12. Contact Dr. Anderson if any of the following should occur:
 - Excessive bleeding that cannot be controlled by instructions in paragraph 9
 - Excessive prolonged nausea
 - Appearance of rash or excessive itching
 - High grade temperature
 - Any other concerns – CALL DR. ANDERSON: 1-716-242-9237