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## **Extraction Postoperative Instructions**

1. **Pain control recommendations:** Your first level of pain control will be ibuprofen. You will be given 600mg of ibuprofen at the beginning of your appointment. It is recommended that you continue to take the ibuprofen for the next 3-4 days then as needed (600mg every 6 hours). The maximum dose of ibuprofen is 2400mg per day. Your second level of pain control is acetaminophen "Tylenol". Two 500mg tablets can be taken 3 hours after the initial dose of ibuprofen and continue to alternate these medications every 3 hours. Most patients are comfortable following these guidelines; however, should you need stronger pain relief you will be given an additional prescription to fill at the pharmacy. All of the prescription pain relievers contain acetaminophen: therefore, if you take the pain prescription medication, do not take any additional acetaminophen for 6 hours. **IMPORTANT:** The prescription pain medication may cause drowsiness or nausea. Do not drive or drink alcoholic beverages while taking the prescription pain medication. To avoid nausea, take with food or milk.
2. Avoid any vigorous rinsing or swishing the day of the extraction.
3. Avoid drinking thorough a straw.
4. A small amount of bleeding mixed with saliva is normal. If heavier bleeding occurs, place moistened, folded gauze (provided) in area and bite down firmly. If this is unsuccessful, try a moistened tea bag.
5. Place ice on outside of face for 20 minutes each hour the day of extraction.
6. Use caution with small particle food.
7. **Avoid smoking.**

**Special instructions:** \_\_\_\_\_

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**Should you have any questions or concerns, call 344-0908.**

**To reach Dr. Ferguson after hours call 484-2235**

**To reach Dr. Beaudry after hours call (480) 444-8119.**

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