



Post-Operative Instructions: Tooth Extractions/Implants

Should anything occur that seems out of the normal, please DO NOT hesitate to call me ASAP!

- Place cold towel or an ice pack to your face for the first 4 hours. Leave it on for 15 minutes, then off for 15 minutes
- Do not rinse your mouth until the following day
- On the morning following surgery, rinse your mouth with warm salt water (1/2 teaspoon of salt to a glass of warm water). Repeat several times daily.
- Keep gingers and tongue away from the socket.
- Take prescriptions as advised. If no special drug is prescribed, take ibuprofen and aspirin. Nausea is a common side effect of strong pain medications. The sooner these medications can be discontinued, the sooner the problem will be solved.
- Bleeding- It is normal for the saliva to be slightly streaked with blood for about one day. If abnormal bleeding occurs, place a teabag or gauze over the extraction and bite down for one hour.
- Swelling- It is normal after teeth have been extracted and should not cause any alarm. The maximum swelling is during the first 48 hours.
- Drink at least 2 quarts of liquids per day. Juice, soups, milkshakes, etc. are fine.
- When resting, do not attempt to get up quickly or you may pass out.
- All tobacco products should be stopped for 4 days following extractions to prevent healing problems
- Do not use a straw when drinking liquids.

If you have any problems or questions after you are at home, consult your physician immediately.