

Post-Surgical Instructions

1. Immediately following the extraction of a tooth, bite down on the gauze placed by the doctor for as long as recommended by the doctor.
2. When the gauze is removed there will likely not be any further bleeding. However, if bleeding persists, fold a new piece of gauze in quarters (in half then in half again) and place it across the area where the tooth was removed and bite down firmly. Pressure stops the bleeding. Do not attempt to pack the gauze into the hole.
3. When the anesthesia wears off, there will be some discomfort. You may take whatever medication you normally take for a bad headache or take the medication prescribed by your doctor.
4. If an antibiotic was prescribed, you must continue to take the pills until they are completely finished (usually 7 to 10 days). Failure to finish the prescription can result in bacterial resistance and a more serious infection.
5. Do not spit or rinse your mouth the day of the surgery, even if there is an unpleasant taste from the blood and saliva, because this will disturb the blood clotting process. You may gently rinse with salt water (saline) the next day.
6. In general, you will want to eat soft, bland (non-spicy) foods on the other side of your mouth until you can tolerate solid food. Remember to drink plenty of liquids.
7. Do not drink carbonated beverages for twenty-four (24) hours.
8. Do not smoke because this can hinder the healing process and cause infection.
9. Some swelling may be expected. Apply ice packs with pressure to the outside of your cheek (fifteen (15) minutes on and fifteen (15) minutes off) as long as directed.
10. Do not hesitate to call the office (518-869-5397) if a problem arises or if you have a question.
11. Make sure to follow-up at the office with the doctor if instructed to do so. This may be very important to monitor healing or to remove sutures.