



Instructions Following the Removal of Teeth

BLEEDING: Following extractions, some bleeding is to be expected. Place a gauze pad over the bleeding area and bite down firmly for ½ hour so that pressure is exerted directly on the bleeding site. Substitute a wet, wrung out black tea bag if bleeding persists. Repeat this procedure if necessary.

PAIN: *We recommend 1- Extra Strength Tylenol (500mg acetaminophen) **with** 3- Advil (600mg Ibuprofen) every 4-6 hours as needed for dental pain.*

This medicine reduces inflammation after surgery as well as alleviating pain. And, research shows that the combination of these two meds is more effective. Of course, take only what your body tolerates. Tylenol alone may be substituted if Ibuprofen is not tolerated. It is best to take medication before anesthesia wears off.

(Max Dose is 1000mg Acetaminophen WITH 800mg Ibuprofen EVERY 6 hours)

Take any additional prescription(s) as directed.

DIET: It is advisable to confine the first day's intake to liquids and soft food (creamed soups, pudding, yogurt, milk shakes, etc. – but no straws). Over the next several days you can progress to solid foods as comfort dictates. Make sure you remember to eat; you will feel better, gain strength, have less discomfort and heal faster. Do not chew in extraction area.

SWELLING: A certain amount of swelling can occur, especially with difficult extractions or impactions. This swelling can be somewhat inhibited by the immediate use of an ice pack after surgery. If desired, place pack on face for 15 minutes, then off for 15 minutes.

NAUSEA: Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medicines. If nausea occurs, limit diet to small sips of clear liquids for 12 to 24 hours. If pain pills cause nausea, take them one at a time with a small snack or glass of milk.

RINSING: **DO NOT rinse, spit, smoke or suck through a straw** for 48-72 hours following the procedure. These activities may dislodge the blood clot, start bleeding, and delay healing ("dry socket"), which can cause additional discomfort. After 24 hours, a *gentle* rinse with salt water may be performed (1/4 tsp. salt in glass of warm water). If you are unable to rinse food particles out of the wound after 48-72 hours of healing, stop in the office for a syringe. Begin gently brushing after meals the day after the procedure. As healing progresses, small bony fragments sometimes work up through the tissue. If uncomfortable or problematic, call the office for removal.

Avoid heavy exertion, alcohol, and smoking.

And as always, if you have any questions or concerns, please call our office **(406) 844-3825** at anytime. Thank you.

Ben Bushnell, DDS and staff