



Dental Extraction Post Operative Instructions

After your procedure, wait until the numbness in your mouth wears off before eating so you will not bite your cheek or tongue. Do not chew or bite down on the treated tooth until it is fully restored by your dentist to avoid damaging it.

As the medication used to numb your mouth during the procedure wears off, you may feel some tenderness in the area for a few days as everything heals and some mild soreness in your jaw from keeping your mouth open for an extended period during the procedure. These temporary symptoms usually respond well to over-the-counter medication.

Several things can cause premature loss of blot clot from your extraction site, also known as Dry Socket. These include: **smoking, forceful spitting, sucking through a straw, coughing, or sneezing. You will also need to avoid consuming carbonated or alcoholic beverages.**

Please follow the guidelines below and contact us with any questions.

- Keep your fingers and tongue away from extraction site(s)
- Bite on moistened gauze for 30 minutes, change as needed with provided post-op kit
- Applying a cold compress to the face near the treatment area will help minimize swelling. While using an ice pack, please do not apply ice directly to your skin. Always place a cloth between the ice and your skin. You may apply the cold compress for up to 20 minutes on and at least 20 minutes off for the next 24 hours as needed.
- **Do Not** rinse mouth day of surgery. After 24 hours you may rinse gently with salt water, or with medicated mouth wash your Dentist may have prescribed to you. Be sure to rinse and spit gently. A healing clot is forming, we want it to stay there.
- Eat cold foods and liquids the day of surgery. After 24 hours you can begin hot foods and liquids. A soft diet is recommended during healing.
- Keep your head elevated during sleep, you can use 2 pillows.
- Begin brushing area gentle day after surgery
- NO exercising or prolonged sun exposure for a couple of days after surgery.

Any questions or concerns, please do not hesitate to call or text Parkwood Dental at 941-254-2595.