



Regency Family Dental
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POST-OP INSTRUCTIONS – TEETH EXTRACTION

DO NOT DISTURB THE AREA – For the next couple of days, ESPECIALLY the first 24 hours, it is extremely important to allow your body to form a good clot to start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (toothpicks, utensils, crunchy food). Chew on the opposite side of the extraction for 24 hours.

BLEEDING – Upon leaving the office, you may be biting down on a gauze pad to help control the bleeding. Keep slight pressure on this gauze for a minimum of 30 minutes. Do not change the gauze during this time – it needs to remain undisturbed while a clot forms in the extraction opening(s). After the 30 minutes have passed, you may remove the gauze. If the opening(s) is still bleeding, bite down on another gauze or tea bag for another 30 minutes. Small amounts of blood found in the saliva may appear quite red; this is normal and may be noticed for the rest of the day following the procedure.

SMOKING – Smoking should not take place following the surgery. The healing and success of the surgery will be altered and significantly reduced by the cigarette/cigar smoke chemicals. The suction created when inhaling can also dislodge the clot. Smokers are at a greater risk of developing a painful Dry Socket. (See #4 on the Consent form)

PAIN – Slight discomfort after the surgery is normal. To reduce the pain, take two Tylenol, Advil, or a similar non-aspirin pain reliever every 3 to 4 hours until you go to sleep, to maintain comfort. Make sure to take the pain reliever before the anesthesia wears off. If pain medication is prescribed, do not exceed the instructed amounts listed on the label. Taking the pills with food or milk will help to reduce an upset stomach. Do not drive or operate any heavy machinery when taking the pain prescriptions. Do not drink alcohol when taking prescription pain medications.

NAUSEA – Occurs most often from taking pain medication on an empty stomach. Eat and drink water prior to taking pain relievers to greatly reduce the chances of getting nauseous.

SWELLING – Apply an ice bag to your face, over the operated area, to minimize the swelling. For the first day, apply for 15 minutes and remove for 15 minutes, continue process until you go to sleep.

NUMBNESS – The anesthesia will cause numbness for several hours after the surgery. Be careful to not bite, chew, or scratch the numb area(s). The extraction may cause residual numbness/tingling for 6 weeks or longer.

BRUSHING – Do NOT brush your teeth for the first 8 hours after surgery. You may brush your teeth gently after this initial 8 hours, but avoid the area of surgery for 3 days.

RINSING – Avoid all rinsing and swishing for 24 hours after the extraction. After 24 hours, begin gently rinsing with a saltwater solution (1/2 teaspoon of salt + ½ teaspoon of soda + 8 ounces of warm water). NO commercial mouth rinses.

DIET – Eat soft foods for the first 2 days. Return to normal meals as soon as you are able to, after the first 2 days. Drink plenty of water and avoid alcohol for 48 hours.

ACTIVITY – After surgery, rest and avoid strenuous activities for the rest of the day. Keep your blood pressure low.

ANTIBIOTICS – If you were given an antibiotic prescription, take them as directed until it is all gone. **WOMEN:** Some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control procedures for 2 months.

SINUS – If your sinus was involved during the surgery, you should avoid blowing your nose or playing a wind musical instrument for at least a week. Decongestant medications might be recommended.

FOLLOW-UP APPOINTMENTS – You may need to return to the office to get your sutures removed, or just a brief follow-up to check healing process.

Please call [Regency Family Dental](#) if you have:

- Uncontrollable Pain
- Excessive or Severe Bleeding
- Marked Fever
- Excessive Warm Swelling Occurring a Few Days After the Procedure
- Reactions to Medications, Especially a Rash, Itching, or Breathing Problems