

Darius Smith D.D.S., PC

IV Sedation, Extractions, Implants
Periodontal surgery, Root Canals and Consulting

POST OP INSTRUCTIONS FOLLOWING DENTAL EXTRACTION

Patient Name (Print): _____ Date: _____

1. **RINSES**: Do not rinse your mouth for the first (72) hours. After that warm salt water will expedite healing and resolve swelling, should swelling persist. However, 36 hours after the procedure, **GENTLE** settling (letting the water fill the mouth and releasing) with ¼-teaspoon salt in 6 ounces of warm water are acceptable and will help prevent dry socket. If you should choose to utilize an over-the-counter antimicrobial (peridex) rinse, you must follow all printed directions on the package.
2. **BLEEDING**: Occasional blood stains in the saliva for the next 4 or 5 hours are not unusual and will probably subside. If there is more persistent bleeding, you may attempt to control it with pressure in the following manner: slightly moisten a few gauze squares with water, place over extraction site and bite down. Change gauze every hour minutes. If the bleeding persists at the end of 30 minutes, repeat the procedure but for 3 hours. If the bleeding still has not stopped, report the problem to your dentist.
3. **EATING**: Do not eat or drink anything until the numbness has completely worn off. Do not drink liquids using straw for 72 hours following extraction. Do not drink any acidic beverages for at least 3 -4 days.
4. **SMOKING AND ALCOHOL**: Avoid smoking for (48-72 hours), as it will delay healing. Alcoholic beverages can be taken in moderation if so desired, provided it is not prohibited or restricted by an antibiotic and/or pain medication you may be prescribed.
5. Elevate your head with at least two (2) pillows when you lie down or go to bed.
6. Apply a small ice pack to area (20 minutes on followed by 20 minutes off as needed) for first 24 hours. After 24 hours switch to heating pad.
7. Maintain a soft diet for the first couple of days. Do not eat anything hard or crunchy. Try to avoid any grains, seeds or nuts. As could interfere with natural healing process and infection could occur.
8. Small sharp bone fragments may work their way up through the gums during the healing process (these are not roots). If this occurs please call your dentist for simple removal.
9. If prescribed peridex, this will be used for a minimum of 5 days and will replace all brushing and other mouth rinses. Remember do not swish product. Let settle in mouth for 30 seconds then spit out.
10. Do not disturb the sutures or “stitches” that have been placed. They are critically important to remain in place. Stitches will dissolve, become loose or even dislodge on their own. This is normal and is not an emergency if this occurs, unless membrane was placed or staff gives special instructions day of surgery.
11. Make sure all antibiotics are taken unless allergic reaction occurs and notify staff, doctor and seek medical attention immediately.
12. In case of emergency contact 911, hospital emergency care and staff immediately. Examples of emergencies are: Uncontrollable bleeding, swelling continues to occur after 48 hours, there is difficulty in breathing and temperature is over 100 degrees. These are just examples and does not include every emergency so please keep that in mind.
13. Relax, rest and enjoy your day!

I HEREBY ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND AND HAVE RECEIVED A COPY OF THIS DOCUMENT.

Patient/Parent or Legal Guardian Signature Date