

## **EXTRACTION POST-OP INSTRUCTIONS**

**It is important that you follow these instructions.** They will help prevent you from losing the blood clot that forms in the extraction site. If you lose this blood clot, you will expose the bone to the outside environment of your mouth. The site will be sensitive to everything such as eating and drinking, pressure from the tongue and will be in constant unrelenting pain. Treatment involves packing the extraction site with special paste-embedded gauze until a scab grows over the exposed bone. The packing must be changed every two days. A horrible smell exudes from the dry socket as it heals.

1. Keep pressure on the extraction site until it quits bleeding. It usually takes minutes to form a blood clot. If the site oozes, continue with gauze pressure. If after several hours, it is still oozing, take a moist *Lipton* tea bag and put it in your mouth as you did the gauze, putting pressure on the extraction site with the tea bag. If the site outright bleeds and does so for more than a few minutes, call the office immediately so that I can help you stop the bleeding. (Call the emergency number on the answering machine if the office is closed.)
2. Do not pick at the extraction site to dislodge the blood clot. Also, eat soft foods for a few days, such as pasta, cooked cereal, ground meat, soup or fortified drinks such as *Instant Breakfast* or *Ensure*.
3. Do not suck on the blood clot. That means no straws or cigarettes for 24 hours.
4. Do not drink liquids that would dissolve the blood clot. That means no alcoholic beverages such as beer, wine or liquor. It also means no carbonated drinks such as 7-up, cokes, or soda. Refrain from these drinks for 24 hours.
5. Do not engage in activities that would increase your blood flow and therefore flow to the socket. That means no heavy exercise like skiing, or moving furniture.
6. Just relax and enjoy the thought that someone has to take care of you for two days.

NOTE: If you had significant surgery, you will have swelling that will peak three days after the surgery and then will gradually subside. The best way to deal with this swelling is to immediately start using an ice pack on the cheek near the area of the surgery. Put a couple of ice cubes in a baggy and then wrap it in a washcloth. Put it on your face for ten minutes and then take it off for ten minutes. Continue to do this for the first day. Also, make sure that you are on an anti-inflammatory drug such as *Tylenol*, aspirin, *Ibuprofen*, or *Naproxen*. Continue to take these drugs for at least a day and a half. After the first day or so, nothing will reduce the swelling but time.

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