



STOCKBRIDGE-MUNSEE HEALTH & WELLNESS CENTER DENTAL

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POST ORAL-SURGERY PATIENT INSTRUCTIONS

DO NOT RINSE YOUR MOUTH TODAY if you need to rinse tomorrow do so very gently. Rinse with warm salt water and drain from mouth. (8oz glass of warm water with 1 teaspoon of salt) **NO FORCEFUL SPITTING.**

DO NOT SMOKE FOR AT LEAST 72 HOURS AFTER YOUR EXTRACTION. No smoking for 1 full week is recommended. Smoking delays healing and increases likelihood of dry socket.

AVOID HEAVY LIFTING FOR AT LEAST 24 HOURS.

AVOID DRINKING THROUGH A STRAW FOR 10 DAYS. AVOID CARBONATED BEVERAGES FOR 5 DAYS. The carbonation in BEER and SODA can cause the blood clot to dissolve prematurely, which can lead to a dry socket. SPITTING, BLOWING, and USING A STRAW can all lead to a dry socket.(A dry socket is when you dislodge your blood clot, causing pain and delayed healing) You should call our office if you have a dry socket.

CONTROL THE BLEEDING BY BITING DOWN ON GAUZE PADS FOR THE NEXT 2 HOURS changing the gauze every half hour. Small amounts of bleeding can continue up to 24 hours after surgery.

REDUCE SWELLING. Put ice in a Ziplock bag and wrap a thin dry towel around the bag. Apply to the affected area of the face 15 minutes on, 15 minutes off for the next 4-5 hours. Try to keep your head elevated, do not lay down flat or declined. Swelling will usually peak 3 days after your surgery.

PAIN MEDICATIONS. Use medications as needed as prescribed. Begin taking medication before local anesthetic wears off, but not on an empty stomach. If able, avoid taking Aspirin as it is a blood thinner.

*If able (children 12 and older), we recommend taking 600mg Ibuprofen and 650mg Acetaminophen (Tylenol) at the same time for the first 24 hours and then alternating between ibuprofen and acetaminophen thereafter. This combination can be taken every 6 hours as needed for pain. Do not exceed the maximum dosage as labeled on the bottle.

NUMBNESS SHOULD PERSIST FOR A FEW HOURS. If numbness continues longer than a week, contact the dental office.

FOOD a light diet and softer foods are recommended. **STAY AWAY** from rice, popcorn, chips and nuts for 7 days. (Do NOT eat any hard or CRUNCHY foods that can get into your extraction site and cause infection)

YOU STILL NEED TO KEEP YOUR REMAINING TEETH BRUSHED AND FLOSED. Be gentle when you're next to the extraction site. Do not brush the extraction site.

IF SUTURES WERE USED, EXPECT THEM TO FALL OUT ON THEIR OWN IN ABOUT A WEEK. (Unless otherwise specified by the dentist)

If you have any question or problems with your extraction site call the Stockbridge Dental Office at 715-793-4149 or 715-793-5019. If we are closed and you believe your situation is an emergency, seek emergency medical or dental attention immediately.

Revised: 03/02/22