

Call if you have problems or questions 24 hours a day: (907) 222-5052

Dental Extraction Instructions without Bone Grafting Procedures:

Medication:

- If you are prescribed an antiseptic mouth rinse (Chlorhexidine or Peridex) use it for a week.
- Start taking pain medications and eat something within 30 minutes after the procedure. Narcotics (oxycodone, hydrocodone, codeine) can cause nausea if you take them on an empty stomach.
- If you have a reaction to any medicine that Alaska Center for Oral and Facial Surgery (AOFS) gave you, stop taking it immediately and call the office.
- Usually you should also take 400 mg Ibuprofen **or** 325 mg Tylenol every 6 hours in addition to your other pain medicine. Ask the AOFS team or your pharmacist if you should **not** be taking this in addition.

Diet:

Do not chew on the affected site for 2-3 weeks and have a **soft diet** (smoothies, eggs, well-cooked pasta).

Other:

- Bleeding – Put gauze on that site and apply constant pressure for 30 minutes. Repeat 2 times if necessary.
- If the bleeding continues, replace the gauze with a black tea bag for 10 minutes (set a timer). Tanins in the tea help clot blood. Repeat for 10min intervals as necessary.
- Avoid spitting, hot beverages and carbonated beverages after surgery, it encourages bleeding to continue.

- If you have sutures they may dissolve or may need to be removed. Just ask the team if you are unsure.
- Swelling is normal – Use an ice pack for 20 minutes on and 20 minutes off for the first 24 hours.

Taking Care of the Surgery Site:

- **1st day after surgery:** Do not rinse your mouth. Clean the other teeth as you would normally. Do not brush around the extraction site.
- **2nd to 4th day after surgery:** Gently brush your other teeth and use a salt water rinse (1/2 teaspoon of salt in 8 oz. of water).
- **5th day – 1 month after surgery:** If you had a lower tooth extraction, WVOFS will give you a syringe to irrigate the site. Use it twice a day by filling the syringe with warm water, put the tip near the extraction site and gently flush out the socket. This will remove any food and promote healing.