



Post Surgical Extraction Care

Following these directions is important to avoid complications and aid healing.

1. **DO NOT RINSE OR BRUSH YOUR TEETH FOR 24 HOURS** After 24 hours, begin rinsing your mouth gently with salt water. Use ½ teaspoon of salt per cup of warm water. Rinse for one minute 5-6 times per day for four days.
2. **TAKE MEDICATION AS DIRECTED** Take the prescribed medications “by the clock”, until all medication is gone. You should do this even if you do not experience pain.
3. **USE ICE THE DAY OF SURGERY** Swelling normally increases for three to four days following surgery and then gradually decreases. Ice (or a bag of frozen peas) may be applied alternating for 15 minutes on and 15 minutes off, for the first 24 hours.
4. **EXPECT MINOR BLEEDING OR OOZING** throughout the first day.
 - Cotton gauze should be removed after one hour and when sleeping.
 - If bleeding is excessive, wipe away any old clots and place a moist tea bag on the surgical site. Any tea bag will work, but black tea is the most effective.
5. **TALKING AND MOVING YOUR MOUTH AND TONGUE WILL INCREASE BLEEDING.**
6. **SLEEP IS RECOMMENDED** Most patients will sleep after sedation if they are placed in their bed. Upon waking, clean any excess blood, begin icing, eat and drink.
7. **NO CHEWING THE DAY OF SURGERY** Avoid all foods that require chewing for the first 24 hours. Drink lots of liquids and eat soft foods that can be swallowed easily: Ginger Ale, Ensure, smoothies (no straw), ice cream, yogurt, soups (broth only), etc.
8. **PATIENTS SHOULD NOT BE LEFT ALONE THE DAY OF SURGERY**
9. **DO NOT SMOKE FOR 48 HOURS AFTER SURGERY**
10. **USE THE PLASTIC IRRIGATION SYRINGE AFTER FOUR DAYS** Fill the syringe with warm water. After each meal, place the syringe tip into the lower sockets and flush out debris until clean. Use until the socket is closed, usually about one month.

NOTE: If you have any reason to believe that you are not recovering satisfactorily, please call Dr. Brady at 312- 725-8180.

INFO@DPDSMILES.COM

630-469-7696