

Van Beek Family Dentistry

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Post-op Instructions Following Your Extraction Procedure

- Take your prescription medication as directed immediately after procedure. You will be advised as to the proper way to take your medication. If you are unclear about the directions given to you, please ask for further assistance.
 - **NO SMOKING** for 48-72 hrs.
1. Bite on gauze pack that has been placed by the assistant with firm pressure for ½ hour with no talking. Keep fingers and tongue away from the extraction area. This will control and stop the bleeding.
 2. Avoid rinsing for 24 hours, although it is permissible to drink lukewarm or cold beverages immediately.
 3. When brushing your teeth before bedtime and the following morning, rinse and expectorate gently.
 4. Starting 24 hours after your extraction, gently rinse your mouth frequently with warm salt-water solution. This is particularly important after meals. Continue rinses for 5-7 days.
 5. **Bleeding:** It is normal for the saliva to be slightly streaked with blood for about a day. If moderate bleeding is present after removing initial gauze after a ½ hr, fold provided gauze into a square, dampen with cold water and place directly on the extraction site. Maintain firm pressure by biting for ½ hr. The gauze may be substituted for a regular tea bag (the tannic acid in tea has a clotting effect).
 6. **Swelling and Discoloration:** Is to be expected in certain areas often reaching its maximum in 48-72 hrs following surgery. This will disappear gradually and is no cause for concern. Ice packs may be applied for the first 4-6 hrs after surgery. Apply ice pack for 10 min off and 10 min on.
 7. **Sutures (Stitches):** Will either fall out or dissolve on their own in 5-7 days.
 8. **Diet:** Soft food is recommended for the first 24-48 hrs following the surgery. Cold beverages and cold foods is advised immediately after surgery:
 - ice cream - shakes (milk or protein) - mashed potatoes
 - yogurt - pasta - soft bread
 - jello, pudding - eggs - lukewarm soups

Foods to AVOID:

- toast, crusty or grainy breads - spicy, salty foods - "hard" foods

9. Avoid unnecessary physical activity for 24-48 hours. This includes, but is not limited to workouts, yard work, housework, heavy lifting, jogging, etc
If at any time you have questions or concerns about what to expect following your procedure, please contact the office at (519-524-9655). If you need assistance outside of regular office hours, by contacting this number you will be directed to an emergency service and further advised how to get help.