



TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

POST-OPERATIVE INSTRUCTIONS

FOLLOWING EXTRACTION

IF YOU WERE SENT HOME WITH A GAUZE "PILLOW" TO BITE ON, CONTINUE TO DO SO FOR APPROXIMATELY 30 MINUTES AFTER LEAVING OUR OFFICE. IF THERE IS STILL SOME BLEEDING AFTER 30 MINUTES, CHANGE THE GAUZE. GAUZE SHOULD BE SLIGHTLY DAMP AND THEN FOLDED AND PLACED OVER EXTRACTION SITE. BITE DOWN FIRMLY FOR ANOTHER 30 MINUTES.

PLEASE BE AWARE THAT YOU *MAY BE NUMB FOR SEVERAL HOURS* FOLLOWING YOUR EXTRACTION. BE CAREFUL TO TRY TO AVOID BITING YOUR TONGUE OR CHEEK.

FOR THE FIRST NIGHT, PLACE AN *OLD TOWEL* ON YOUR PILLOW AS SOME SEEPAGE CAN OCCUR WHILE SLEEPING.

- DO NOT SMOKE OR USE TOBACCO
- DO NOT SPIT, RINSE OR SWISH AGGRESSIVELY
- DO NOT USE A STRAW
- DO NOT EAT SPICY, SHARP OR CRUNCHY FOODS
- DO NOT EAT FOODS WITH SMALL SEEDS OR SMALL PIECES- I.E. POPCORN
- AVOID ANY HEAVY LIFTING OR BEING VERY ACTIVE

SOFTER FOODS ARE RECOMMENDED I.E. MASHED POTATOES, MAC N CHEESE, SCRAMBLED EGGS. LIGHT BRUSHING IN THE AREA AROUND EXTRACTION IS OKAY BUT "DROOL" OVER THE SINK- DO NOT SPIT AS STATED ABOVE.

THE EXTRACTION SITE CAN BE TENDER OR SORE FOR SEVERAL DAYS. *SWELLING OR BRUISING MAY ALSO OCCUR*. USE ICE PACK AS NEEDED TO HELP REDUCE SWELLING DURING THE FIRST 1-2 DAYS. MOTRIN IS SUGGESTED FOR PAIN RELIEF. IF YOU ARE TAKING BLOOD THINNERS- TYLENOL IS RECOMMENDED.

*** FOLLOWING THESE INSTRUCTIONS WILL HELP REDUCE YOUR CHANCE OF **DRY SOCKET**. A DRY SOCKET OCCURS WHEN THE BLOOD CLOT IS LOST AND CAN BE VERY PAINFUL.

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

CALL: 630.963.7766

TEXT: 630.478.2527

EMAIL: SMARTMOUTH@SMARTMOUTHWOODRIDGE.COM

IF THE OFFICE IS CLOSED, PLEASE USE EMERGENCY NUMBER ON VOICEMAIL TO CALL OR TEXT THE DOCTOR.