



## INFORMATION FOLLOWING EXTRACTIONS AND ORAL SURGERY

Thank you for trusting Ridgewood Smiles Dentistry with all your dental needs. We would like to share a few helpful tips with you for the next 24-36 hours after the extractions.

- **NO SMOKING**
- **NO CARBONATED BEVERAGES OR CITRIC JUICES**
- **NO DRINKING THROUGH A STRAW**
- **DO NOT SPIT OR SWISH**
- **NO RINISING WITH ANYTHING FOR THE NEXT 24 HOURS**

Carbonation will dissolve the blood clot in the socket. The sucking motion can dislodge the blood clot as well. All these things can and will lead to dry socket if the directions are not followed.

Normal oozing may occur for up to 24 hours or more following surgery and it can be controlled by firm biting. If bleeding is brisk and fills the mouth quickly call the office number above.

The greatest amount of discomfort is the first 6-8 hours after surgery. If dull pain along with an earache increase on the 4<sup>th</sup> day call the office to have it checked.

Place an icepack on the outside of your face wrapped in a towel to help prevent swelling. Do this for 15 minutes on and then 15 minutes off until bedtime on the day of surgery. **DO NOT APPLY HEAT!!**

Eat soft foods for the first 24 hours such as: warm soup, baked or mashed potatoes, cottage cheese, Jell-O, etc.... **DRINK PLENTY OF FLUIDS!!!**

Swelling and bruising are common after surgery. The maximum swelling, pain and stiffness in the jaw normally occur 2 to 3 days after surgery.

Tea bags are useful to control bleeding at home. If bleeding is excessive, wet a tea bag with warm water, place it over the bleeding area and bite down firmly for 1-2 hours and bleeding should stop.

Please notify the office at the number above if you have any questions. Most often a simple explanation can resolve the situation and free you of any worries.

If any pain medication was prescribed, please eat before taking and **DO NOT** operate any vehicle or heavy machinery because medication may cause dizziness and nausea.

\*\*\*Make sure that if you have a denture that has been placed, do not remove the denture until 24 hours after the extraction(s) surgery. Once 24 hours has passed, you will remove the denture for the first time and rinse with warm salt water 3 times daily and every time you eat. The day you start rinsing, you will remove denture and sleep without it. Make sure to rinse with warm salt water after you remove your dentures and rinse before you place the denture back in.\*\*\*