

# Post-Operative Instructions



- Take it easy and **restrict physical activities** (e.g. heavy lifting, jogging) for a day.
- **Avoid brushing near the extraction site**, care for teeth as usual otherwise.
- Eat **softer foods** for few days. Simply avoid chewing on the side of extraction.
- Stay hydrated by **drinking enough water**.
- For the first few hours after extraction –you can apply ice-pack on the face with a little pressure. Cycle applying 15 min on, 15 min off.



- **Don't rinse vigorously** or try to clean the socket.
- Do not suck on a straw, spit or sneeze forcefully to prevent negative pressure.
- Don't “play” in the area with your tongue.

**Sutures:** If sutures were applied, they will dissolve on their own within 2-3-5 days. It is not necessary to return for suture removal unless requested otherwise.

**Bleeding:** Small to moderate amount of blood is expected to be in your saliva. It will decrease gradually. Excessive bleeding may be controlled by placing a gauze pad or a tea bag over the area and biting firmly for 20-30 minutes.

**Dry socket:** Some 10% of extractions may start aching few days after extraction. Dull throbbing pain without any obvious swelling or other symptoms is a characteristic of dry socket. The pain often declines over the course of the next 3-4 days and normally only requires pain management. Please let us know if you develop this condition.

## Pain management:

- In the **first evening after surgery** we recommend you to **take painkillers once the anesthesia begins to wear out**. This helps to minimize discomfort.
- You do not need to take any painkillers the following days if you feel OK.

	Aspirin-like drugs (NSAID) indicated	Aspirin-like drugs (NSAID) contraindicated
<b>Mild pain</b>	200 – 400 mg Ibuprofen (Advil) every 6h	500mg Acetaminophen (Tylenol) every 6h
<b>Moderate pain</b>	600-800mg Ibuprofen (Advil) every 6h <b>OR</b> 400mg Ibuprofen-> 3h-> 500mg Acetaminophen ->3h -> 400mg Ibuprofen ->3h-> 500mg Acetaminophen ->3h -> continue	1000mg Acetaminophen (Tylenol) every 6h <b>OR</b> Tylenol 3 (500mg Acetaminophen+30mg Codeine) every 6h
<b>Severe pain</b>	600mg Ibuprofen->3h -> 1000mg Acetaminophen ->3h-> 600mg Ibuprofen ->3h -> 1000mg Acetaminophen ->3h->continue	2 x tabs “Tylenol 3” every 6h

**If you have any concerns following your surgery, please do not hesitate to call us 587.293.0722 or return for a follow-up.**