

## Instructions After Extraction of PERMANENT Tooth

### Post-Operative Care:

1. Limit talking for the first 48 hours after surgery.
2. No drinking through a straw, no spitting and **NO SMOKING** for 48 hours after surgery.
3. Slight bleeding is to be expected for at least 12 hours after the procedure. If heavy bleeding persists, please call our office for instructions.
4. Take any pain medicine as prescribed. The following work best:
  - a. Extra Strength Tylenol as directed for the first 3 days after surgery.
  - b. Motrin 200mg 3-4 tablets every 4-6 hours for the first 3 days after surgery.
5. Diet for the first 48 hours:
  - a. Milkshakes, ice cream, yogurt, Jell-O, puddings and plenty of cold liquid.
  - b. Diabetics may substitute sugar-free items, protein enriched shakes, etc.
  - c. Eat 3 meals and drink at least 6-8 glasses of water per day.
6. Cleaning your mouth:
  - a. Use gentle salt water rinses the remainder of the surgery day and entire week after surgery.
  - b. Mix 8oz of ice cold water with 1 tsp of salt and rinse for 2 days.
  - c. On the 3<sup>rd</sup> and subsequent days, mix 8oz of hot water with 1 tsp of salt and rinse.
  - d. Gently rinse 3-4 times per day.
7. It is common to run a low-grade fever for the first day. If this continues, or is a high fever, please call our office for instructions.
8. Patients who take aspirin or other blood thinners daily may resume medication immediately following surgery.
9. Plan to sleep with your head elevated for the first night following surgery. If you still have slight bleeding the first day, sleep with an old pillow case on your pillow.

If you have any further questions, concerns, or an emergency, please call our office:

**(724)-564-9010**

Thank you!