

## **Extraction and Periodontal Post Surgery Instructions**

Please read and follow these instructions. They will make you more comfortable, promote healing, and prevent possible complications.

For 24 hours after surgery, eat only cool foods and liquids (see “Diet” on back of this page).

Start normal cleaning procedures on untreated teeth on the following day of surgery.

Some discomfort may occur when the local anesthesia wears off. If pain medication is prescribed, take as directed. Many times only 1 pain pill is necessary if taken while the anesthesia is still in effect. Some pain medications may affect your ability to drive or operate machinery so please read the directions and warnings carefully. If antibiotics are prescribed, take them as directed until they are all gone.

If you have swelling or stiffness in your jaw after 24 hours, use moist heat to the outside of the cheek. Swelling could be present for 3 to 4 days.

Slight bleeding and oozing is normal. Ice water will minimize bleeding. Avoid spitting, vigorous rinsing, or using a straw. If bleeding persists, lie down with your head elevated (2 or 3 pillows). Apply an ice pack to the cheek. Biting down on a moist black tea bag will also help minimize bleeding. If bleeding persists after these instructions, please call the office.

Surgical dressing (if placed) may become loose or break off. Do not be concerned unless it causes bleeding or pain.

No smoking. Tobacco is an irritant to healing tissue. Please refrain from smoking as long as possible, preferably for a week. Smoking after oral surgery is the leading cause of “Dry Socket”.

Nausea is rare, but if it occurs, drink once ounce of clear carbonated soda (7-Up, Sprite, Ginger Ale) every hour for 5-6 hours. Avoid taking pain pills on an empty stomach as this can cause nausea.

You may resume normal light activities. No heavy exercise, lifting or excessive activity.

## DIET

**Drink plenty of fluids and do not skip meals.**

**For the first 24 hours your diet should be soft cold foods such as:**

Malts

Milk shakes

Fruit juices

Plain yogurt

Applesauce

Custard/puddings

Milk

Instant breakfast drinks

Ice cream

Iced tea

Baby foods

Ensure

**\*\*No carbonated or alcoholic beverages**

**After 24 hours you may add more soft foods such as:**

Blended fruits and vegetables

Cheese

Ground beef

Eggs

Fish

Soup

Cottage cheese

Clear sodas

**Foods to AVOID for one week after oral surgery:**

Popcorn

Dried fruit

Nuts/seeds

All breads/crackers/pastries

Peanut butter

Candy and gum

Spicy foods

Alcoholic beverages