

**North Dallas Oral & Maxillofacial Surgery**  
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**Post op instructions for teeth extractions.**

Certain precautions will assist healing and we ask that you follow these instructions faithfully.

1. You will be leaving the office with gauze in your mouth. It is very important to apply gentle pressure by biting on the gauze to help stop the bleeding for 30 to 45 minutes.
2. If bleeding persists or becomes heavy you may place 1 – 2 teabags (soaked in cold water and squeezed) over extraction site for 30 minutes. If the bleeding remains uncontrolled, please contact the office for further instructions.
3. Take your prescriptions as directed. Some prescriptions may direct you to eat with them as to not cause stomach irritation. Stick to softer foods for the next few days.
4. Do not use a straw, no carbonated beverages, no smoking, no strenuous activities and no alcohol for at least 5 to 7 days.
5. Do not smoke until complete healing.
6. Do not use alcoholic drinks while taking medications
7. Keep ice packs on the outside of your face until you go to bed at night and sleep with your head elevated, this will help keep the swelling down.
8. You may have a few stitches at the surgical site. These will dissolve on their own. So, there is no need to return to our office for removal.
9. You may brush your teeth but be careful around the extraction sites. You may rinse your mouth with warm salt water after 24 hours but do it gently and not vigorously.
10. Do not spit for several days.

We don't anticipate any complications but if you feel you have any questions or need further instruction, please feel free to call the office and we will be happy to assist you. You may reach us by calling the number at the top of the page.