

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**. Do not sleep with gauze in your mouth as it could be a choking hazard.
2. If bleeding persists or becomes heavy you may place 1 – 2 teabags (moist) over extraction site for 30-45 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 take with food to avoid stomach irritation. Stick to softer foods for the next few days. Adding 500mg of Vitamin C three times a day can help in the healing process.
4. **Do not smoke** until surgical site(s) is completely healed.
5. Do not use a straw, carbonated beverages, and no strenuous activities for at least 2-3 days. Spicy and hot food or beverages may be irritating.
6. Do not drive or operate heavy machinery and avoid making important decisions after leaving our office within 24 hours.
7. Do not use alcoholic drinks while taking medications.
8. Keep ice packs on the outside of your face off and on as much as you can tolerate.
9. You may have a few stitches which will dissolve on their own. There is no need to return to our office for removal.
10. You may brush your teeth but be careful around the extraction sites. Rinse gently after brushing.
11. Do not spit for a couple of days. Spitting may dislodge the blood clot and subsequently may cause bleeding.
12. You may be given an irrigation syringe. Start using this syringe **after the second day** following your extractions. Irrigate debris out of the lower sockets with warm salt water or diluted Chlorhexidine to avoid irritation or possible infection/or dry socket.
13. 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.