



Post-Treatment Instructions for **Dental Extractions**

What to Expect:

- Minor oozing is normal for the first 24 hours.
- Stitches, if placed, will fall out within 2 – 10 days after surgery.
- Swelling is normal, usually worst 2 – 4 days after surgery.

Things You Should Do:

- Wait until the numbness wears off before eating or drinking anything.
- Keep firm pressure on the provided gauze. Swap out fresh pieces of gauze every 30 minutes until bleeding stops.
- Gently rinse with warm salt water the day after surgery. Shake your head side to side, and let the rinse fall out. No swishing or spitting!
- Brush and floss as you would normally. Be careful around the surgical site.
- Apply ice packs in 10-min intervals to reduce swelling the first few days.
- Take all antibiotics as prescribed until they are finished.
- Your diet should be mild for the first few days (i.e., eggs, soup, ice cream).

Things You Shouldn't Do:

- Avoid exercise or strenuous activity for 5 days.
- Avoid swishing, spitting, or sucking through a straw for 5 days.
- Do not smoke or drink alcohol.
- Do not aggressively clean the surgical site.
- Avoid chewing at the surgical site.
- Avoid hot, spicy, or crunchy foods and anything with nuts, seeds, or kernels.

For Pain Relief Follow one of these instructions, as recommended by our team:

- Take 600mg Advil, then 3 hours later, take 1000mg Tylenol. Alternate between each drug every 3 hours.
- Take 600mg Advil every 6 hours.
- Take 1000mg Tylenol every 6 hours.
- Take 550mg Aleve every 12 hours.

**If you need answers beyond what this handout can provide you,
call or text the office at (585) 360-0202. Get well soon!**