



Post-Operative (Oral Care) Instructions After Extractions

1) BLEEDING IS NORMAL

- Gauze is placed over the extraction site(s). Bite down to apply pressure for 30 minutes to 1 hour until bleeding has subsided. If bleeding continues, place another folded gauze directly over the extraction site. If no gauze is available, moisten a tea bag in cold water and bite down on the extraction site for 30 minutes. Black and green teas contain tannic acid, which can slow down bleeding.

2) AVOID RINSING FIRST 24 HOURS

- Do not rinse the extraction site(s) for the first 24 hours after your surgery.
- After 24 hours, rinse with warm salt water (1/2 tsp salt in 8oz of warm water) every 4 hours for at least two days.
- Avoid rinsing with any type of mouth rinse during the first week. Also avoid any alcohol from touching the extraction site(s), since alcohol can disturb the clot and delay healing.

3) SWELLING IS NORMAL

- Swelling is a normal reaction after an extraction, and can be controlled in the first 24 hours by applying ice to the area for 20 minutes. Then remove ice and rest for 10 minutes; reapply ice for another 20 minutes. This may be repeated several times during the first day.

4) AVOID ACTIVITY

- Avoid any physical activity during the day of extraction(s).
- Avoid strenuous activity for 3-4 days. Exercise causes your blood pressure to rise, which may result in a loss of blood clot and a delay in healing.

5) EAT A SOFT/LIQUID DIET

- You should only eat soft/bland foods for the first few days, such as noodles, mashed potatoes, yogurt, tofu, protein drinks, etc.
- Avoid hard and crunchy foods such as popcorn, potato chips, nuts or pizza crusts for the first week.
- **Avoid drinking through a straw, and avoid spitting for the first week, since both of these actions can**

remove the blood clot and delay healing and/or cause pain.

6) MAINTAIN ORAL HYGIENE

- Begin brushing and flossing your teeth the evening of the extraction, being very gentle around the extraction site. A clean mouth heals faster.
- **Smoking is prohibited for two weeks after surgery. Smoking delays healing time, increases chance of infection, and increases the level of discomfort.** Alcohol is also prohibited for the first week after surgery.

7) DISCOMFORT IS NORMAL

- Follow all directions given with any prescription you receive. Make sure to have some food in your stomach when taking any medication.

8) SUTURES

- If sutures were placed, they will dissolve on their own, unless you are otherwise instructed to return to the clinic to have them removed.

9) ALLERGIC REACTION or INFECTION

Call our dental office during office hours: (925) 253-0165 or text the same # after hours/weekends if any of the following occur:

- | | |
|----------------------------------------------------------------------------|-----------------------------------------|
| · Fever and swelling | · Pain which prevents you from sleeping |
| · Rashes and itching | · Nausea and vomiting |
| · Continuous bleeding which does not stop when biting on gauze or tea bags | |



Dental Pain Management

The management of dental pain can usually be controlled by over-the-counter medications, such as Ibuprofen (Motrin/Advil) and Acetaminophen (Tylenol). The following regimen is recommended for dental pain management:

1. Ibuprofen 800mg every 8 hours (four 200-mg over-the-counter tablets; alternatively, your dentist may prescribe this dose for you as "Motrin 800mg")
2. Acetaminophen (Tylenol) 500mg every 4-6 hours
3. It is recommended to alternate your medication for maximum pain relief.
Example:
 - a. a. 8:00am Ibuprofen 800mg + Acetaminophen 500mg
 - b. b. 12:00pm Acetaminophen 500mg
 - c. c. 4:00pm Ibuprofen 800mg + Acetaminophen 500mg
 - d. d. 8:00pm Acetaminophen 500mg
 - ...etc
4. **IT IS SAFE** to combine NSAID medications (Ibuprofen/Advil/Motrin **or** Naproxen/Aleve) **WITH** a pain reliever like Acetaminophen/Tylenol.
5. **IT IS NOT SAFE** to combine NSAID medications, such as Ibuprofen and Aleve.

If your dentist prescribed a narcotic medication (such as Vicodin or Percocet):

1. These drugs are narcotics and you should not attempt to drive, operate heavy machinery, or sign legal documents while taking this medication.
2. These medications contain Acetaminophen (Tylenol) and should **not** be combined with plain/over-the-counter Tylenol. Take **either** your prescription narcotic or Tylenol for that dose.
3. **IT IS SAFE** to combine narcotic medications containing Acetaminophen with Ibuprofen (Motrin/Advil) **OR** Naproxen (Aleve).

*If you have questions, ask your dentist, pharmacist, or call the office for clarification.

**Please note that it is best to take all medications with food, unless you are instructed otherwise.

Maximum Doses in 24 hours: Ibuprofen 3200mg Acetaminophen 3000mg
Ibuprofen/Tylenol Mixed Dosing Regimen

Every three hours, you will be switching between Ibuprofen and Tylenol. Start off with taking 600mg of Ibuprofen (this is three store bought tablets-200mg each), after 3 hours take two Tylenols (Total of 1000mg-2 store bought tablets, 500 mg each). Three hours later, go back to taking 600mg of Ibuprofen. Continue Switching in between both pain medication until you don't feel it's Necessary. I usually recommend following this for 2-3 days. By the start of the 3rd day most patients usually feel much better.

For Example:

Time	Medicine	Dosage
	Ibuprofen	600 mg (3 tabs)-200 mg each
	Tylenol	1000mg (2 tab)-500 mg each
	Ibuprofen	600 mg (3tabs)-200 mg each

If you follow this as indicated, you will keep a steady flow of pain medication in your bloodstream. You will have less probability of feeling pain

If you are following this pain regimen and you are still feeling pain. This is not normal! You may be experiencing post-op infection which may need additional care. Please contact the office as soon as possible.

NOTE

There is Maximum dosage for each of these medication in a 24 hours period, do not exceed the following:

2400 Mg of Ibuprofen (12 of the store bought tablets)
4000 mg of Tylenol (8 of the store bought tablets)