

Post Operative Instructions Following Extractions

1. Things To Expect:

- * **Bleeding:** Light bleeding is expected for the first 12-24 hours.
- * **Swelling:** This is normal following a surgical procedure in the mouth. It should reach its maximum in 48 hours and diminish by the fifth post operative day.
- * **Discomfort:** The most discomfort that you will experience should occur during the 1st 48 hours postoperatively and then diminish over the next several days.

2. Things To Do:

- * **Bleeding:** Keep gauze in place for 60 minutes with constant firm pressure, change gauze every hour until bleeding stops. Make sure the gauze is placed over the extraction site. Keep head elevated and do not drink through a straw, smoke or spit excessively.
- * **Swelling:** Place ice cold compress on the area where you had surgery for 15 minutes every 1/2 hour for the first 6-8 hours. Ice cold compress should only be used on the day of surgery.
- * **Discomfort:** Take medications as directed by the Doctor for pain. If discomfort is severe do not wait for pain to begin before taking the medications since it will take at least 30 minutes to take effect.
- * **Diet:** A nutritious liquid or soft food diet may be necessary for the first two days. A fluid intake of at least 2 quarts a day is necessary.
- * **Activity:** For the first 24-48 hours you should rest and avoid vigorous activity. Patients who have had sedation should refrain from driving or engaging in any task that requires alertness for 24 hours after surgery.

3.The Day After Surgery:

Brush teeth carefully.
Rinse mouth gently with warm salty water 3-5 times per day.
If antibiotics are prescribed, take as directed.

4.Contact Our Office:

If bleeding is excessive or cannot be controlled.
If discomfort is extreme.
If swelling is excessive, spreading or continues after 48 hours.

Please call Dr. Krippaehne's Office if you have any questions or concerns.