

# *Parson Dental* Post-Operative Instructions following Extractions & Oral Surgery

FOR APPROPRIATE HEALING, IT IS REQUIRED THAT THE FOLLOWING INSTRUCTIONS ARE ADHERED TO:

- Avoid hot liquids and chewing in the area until anesthetic wears off.
- Some swelling is to be expected. To help control this, apply ice packs (cold) on and off (alternated) every twenty minutes for the first 24 hours to control swelling as necessary. To be most effective, the application of the ice packs should begin as soon as possible.
- Bite on a moist gauze pad for 30 minutes after the procedure. Pressure applied to the area helps stop bleeding. Slight bleeding may persist for 24 hours or so; this is not cause for alarm.
- If bleeding is excessive, place a moist, folded 2x2 gauze pad over the bleeding area and apply steady pressure for 30 minutes. Repeat as necessary. If these measures do not succeed, call the office. If your concern is after, hours please contact your doctor at the home number provided below:  
Dr. Cory: 612.201.4333  
Dr. Devon: 952.484.9439  
Dr. Kallie: 309-706-2829
- Unless otherwise directed, do not rinse vigorously for the first 24 hours following the procedure. Do not create a vacuum by excessive spitting and sucking as this disrupts the clotting process. Smoking is not recommended for the first 5 days following surgery.
- Alternate 600mg Ibuprofen and 650mg Acetaminophen every 4-6 hours for pain. Pain and its duration are unpredictable. If you are having more pain than can be controlled by Ibuprofen and Acetaminophen or any prescribed medications received, please call the office.
- Soft foods are recommended for the first few days following the procedure. You will feel better, have more strength, experience less pain, and heal faster if you continue to eat.
- Rest is very important following any procedure of this type. Adequate fluid intake is also important. Avoid alcoholic beverages and caffeine.
- You will be asked to return for suture removal if necessary. If absorbable sutures have been used, no follow up appointment is necessary. They will be absorbed by the body or fall out on their own.
- Warm salt water rinses (1 teaspoon of salt per 8 ounces of water) can be performed the day AFTER the extraction. Continue these rinses for 3-7 days. Please call the office if any pain develops or worsens during this time.

If you have any questions, or if there are any unusual occurrences related to the healing of the area, please contact our office at 612-789-2853.