

## Extraction Post-Op Instructions

### Instructions for the Day of the Procedure:

- Keep the gauze in place, biting with pressure for 30-60 minutes
- If bleeding persists or reoccurs, replace gauze and maintain pressure for another 30-60 minutes until bleeding is controlled
- Some mild oozing of blood is to be expected and may continue for 24 hours after surgery
- Until bleeding is controlled, avoid swishing, spitting, sucking on a straw or exertion/exercise
- Apply ice pack 20 minutes on, 20 minutes off for up to 24 hours following surgery to help with swelling

### Medications:

- Take prescribed medications as directed (if applicable)
- Take ibuprofen for mild discomfort, do not exceed more than 800mg every 4-6 hours

### Instructions for the Following Days:

- Apply moist/warm packs to face for 20-minute intervals if swelling or stiffness present after the first 24 hours
- It is normal for swelling to peak 2-3 days after surgery
- Bruising may occur and will gradually disappear over a week or two
- Brush your teeth like normal, but avoid the extraction site
- Keep it clean by rinsing gently with warm saltwater after each meal and before bed for about a week following the surgery
- Eat soft foods that can be eaten with comfort, avoiding things with small seeds or that break up into tiny/hard pieces
- Resume a normal diet when comfortable to do so
- Drink plenty of fluids
- If you develop a fever or suspect you have further infection developing, please call our office right away
- If a dull ache/throbbing pain develops 3-4 days following procedure, that may be a sign of a dry socket

### Emergency Care

- If problems or concerns come up, don't hesitate to call our office:
  - o Mon-Friday 8-5 at (616) 425-8892
  - o After hours, call (616) 425-8892
    - Please leave a message and Dr. Keegan will return your call right away