



HUNTINGTON SMILES

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POST – IV EXTRACTION INSTRUCTIONS

Following these directions is important to avoid complications and aid healing. Please read them carefully.

1. DO NOT RINSE OR BRUSH YOUR TEETH FOR 24 HOURS

After 24 hours, begin rinsing your mouth gently with salt water. Use ½ teaspoon of salt per cup of warm water. Rinse for one minute 5-6 times per day for four days.

2. TAKE MEDICATION AS DIRECTED

Take 800 mg ibuprofen, 500 mg Tylenol, and 500 mg amoxicillin three times a day, “by the clock”, until all medication is gone. For example, take all three medications when you wake up, when you go to sleep, and once in between. You should do this even if you do not experience pain.

3. USE ICE THE DAY OF SURGERY

Swelling normally increases for three to four days following surgery and then gradually decreases. Ice (or a bag of frozen peas) may be applied for 15 minutes and removed for 15 minutes, alternating on and off for 24 hours following surgery.

4. EXPECT MINOR BLEEDING OR OOZING

- Bleeding will continue throughout the first day.
- Cotton gauze should be removed after one hour and when sleeping.
- If bleeding is excessive, wipe away any old clots and place a moist tea bag on the surgical site. Any tea bag will work, but black tea is the most effective.

5. TALKING AND MOVEMENT OF YOUR MOUTH AND TONGUE WILL INCREASE BLEEDING.

6. SLEEP IS RECOMMENDED AFTER SURGERY

Most patients will sleep after sedation if they are placed in their bed. Upon waking, clean any excess blood, begin using ice, eat something soft and drink liquids.

7. NO CHEWING THE DAY OF SURGERY

Avoid all foods that require chewing for the first 24 hours. Drink lots of liquids and eat soft foods that can be swallowed easily. Ginger Ale, Ensure, Jamba Juice (no straw), ice cream, yogurt, soups (broth only), and similar food is recommended.

8. PATIENTS SHOULD NOT BE LEFT ALONE THE DAY OF SURGERY

9. DO NOT SMOKE FOR 48 HOURS AFTER SURGERY

10. USE THE PLASTIC IRRIGATION SYRINGE AFTER FOUR DAYS

Fill the syringe with warm water. After each meal, place the syringe tip into the lower sockets and flush out debris until clean. Continue using until the socket is closed, usually about one month.