



Post Operative Instructions: Extractions

We hope you had a positive treatment experience with us. Please read through the following instructions as they are meant to help prevent complications and guide you through the healing phase.

You will have gauze against the extraction site after your surgery. This should remain in your mouth for the next 20-30 minutes. Please maintain pressure by gently biting on the gauze. Continue to replace the gauze until bleeding subsides, which can sometimes take a couple of hours. The site will ooze for the next 24 hours, which is normal. Only use the gauze for a couple of hours. If you observe increased bleeding (instead of oozing) a couple of hours after surgery, please contact Dr. Jaiswal. This may point to an underlying systemic cause that may need treatment immediately.

For the first 24 hours, place ice chips or ice cream to melt in your mouth. This helps thin out saliva and decreases bleeding and swelling. If swelling occurs, it usually peaks at 72 hours and begins to resolve. Apply an ice pack to your cheek or jaw 20 minutes on and 20 minutes off for 24 to 48 hours. If any swelling on the floor of the mouth (or under the tongue) occurs, please contact Dr. Jaiswal. This may require immediate attention since this type of swelling may impede your airway.

You may start eating as soon as the anesthesia wears off. Aside from cold foods, eat soft foods at first and progress to solid foods. Remember, you need good nutrition for optimal healing. Make sure you have food in your stomach before taking pain medication. If prescribed nausea medication, please take as directed.

DO NOT drink through a straw, spit, rinse vigorously, or smoke! These could delay healing and increase your risk of getting "dry socket".

Unless a special rinse was prescribed, dissolve 1/2 tsp of salt in an 8 ounce glass of warm water. Allow water to remain in your mouth, but do not rinse vigorously in order to protect the blood clot in the socket. Rinsing is important to help flush out food particles. Carefully brush in areas of the mouth not involved in the surgery. A clean mouth will help you heal faster.

If sutures were placed, they will be removed at your post-op evaluation appointment. If the sutures fall off prematurely, we still want to see you in order to ensure normal healing.

Some discomfort is normal. If moderate to severe discomfort is anticipated, Dr. Jaiswal will prescribe pain medications. Take them as directed. Avoid driving, operating machineries, or drinking alcoholic beverages while taking prescribed pain medications.

A mild fever up to 24 hours post-operatively may occur. Adequate rest and good fluid intake will help resolve this. If your fever lasts beyond 24 hours, please contact Dr. Jaiswal.

If you feel something hard at the surgical site, don't worry! It's not part of the tooth we extracted. This is the hard bony wall of the socket which originally supported the tooth. They typically heal nicely. If persistent sharp edges remain, they may require trimming. Although rare, bruising may appear on your face during surgery.

Last, take any antibiotics you are prescribed to completion in order to prevent infection. Taking less than the entire antibiotics course prescribed can help worsen infections. For example, if you only take the first few days of antibiotics, you may have killed the "weaker" bacteria, but you've also stopped your antibiotics before you've eliminated the "stronger" bacteria... which could lead to an infection that is much harder to treat.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490. Thank you for trusting us with your dental health!