



POST-OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

1. Do not drink from a straw. Do not spit forcefully.
2. Gently rinse your mouth with warm water and salt starting tomorrow. Repeat after every meal to keep the surgical area free of food particles for the next 5-7 days. Use 1/2 teaspoon of salt in a glass of warm water.
3. Continue brushing your teeth as usual starting tomorrow. Be very gentle near area(s) where a tooth/teeth were removed.
4. Hold a cold compress or ice bag to the outside of your face, where a tooth/teeth were removed 20 minutes on, 20 minutes off for the first 12 to 24 hours. This will help to keep the swelling down. The swelling may be at its worst the first 48 - 72 hours.
5. Only if there is active bleeding, place a sterile gauze pad over the area of surgery, bite down and hold it firmly for 20 minutes. After this is done, throw the gauze away into the garbage. Remember, it is normal for your saliva to be a little blood stained and you do not need to put a gauze pad in your mouth if the wound is not bleeding.
6. Nourishing liquids, such as milk shakes, soup, milk, and/or very soft solids, such as Jell-O, yogurt and porridge are recommended. You may go back to your regular diet in 2 to 3 days or whenever your mouth is able to tolerate solid food again. The temperature of the liquids may be lukewarm or cold.
7. Signs of infection may include the following and should be reported to our office:
 - i. Fever above 101 degrees F
 - ii. Persistent pain not relieved by pain medication
 - iii. Worsening swelling after 72 hours
8. Allergic reaction or abnormal reactions to the medication(s) used are very rare. However, make sure you call the office if you feel something is not right.
9. Do not smoke for 7 to 10 days. The first 24 hours are the most important.
10. Dissolving sutures usually last 7 to 14 days.

Please contact our office at 705-722-7600 with any questions or concerns.

For after-hours care, you may contact Dr. Amanda Bray directly at 647-822-2545.