

O'Hara DENTISTRY

242 Mustang Trail Suite #9
Virginia Beach, VA 23452
757.340.1153
M-Th 8am-5pm / F 8am-1pm

Extraction Post-Op Instructions

1. Place cold compress to your face over area of the extraction for the first 4-6 hours after the extraction. Leave it on for 20 minutes, then off for 10 minutes, alternating for several hours.
2. Do not rinse mouth until the following day, and do not rinse with anything with alcohol (such as Listerine) or peroxide
3. On morning following surgery, rinse mouth with warm salt water (1/2 teaspoon salt to a glass of warm water). Repeat 3 to 4 times per day for several days.
4. Keep fingers and tongue away from the socket
5. **BLEEDING**- it is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze over the extraction site and bite down for 30-45 minutes. Alternatively, you can bite down on a wet tea bag, there are chemicals in the tea that help stop the bleeding.
6. Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
7. **SWELLING & STIFFNESS**- it is normal and should not cause alarm. If pain does not slowly subside day by day, please give us a call for a follow-up appointment.
8. **DIET**- a liquid or soft diet is advisable during the first 24 hours. Drink plenty of fluids
9. Return to the office if undue symptoms develop.
10. **SMOKING**- do not smoke for several days following surgery. Also, please refrain from using a straw or spitting. The force from these actions can cause the healing clot to dislodge from the socket, leading to what is known as "dry socket".
If this occurs, and you feel increasing pain a couple days after the surgery, please return to the office for an evaluation.