

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTION

GENERAL INFORMATION:

- If taking a sedative you must have a driver. Wear short sleeves so we can monitor your blood pressure.
- Eat a light breakfast or lunch avoiding excessive liquid intake and caffeine
- Place a covered ice pack on the outside of your face using 15 minute intervals as a guideline and keep your head elevated for up to 72 hours. On the third day, discomfort may reoccur, tapering off thereafter. At this point you may use warm moist packs, if you wish, using 15 minute intervals.
- Surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.
- We do suggest you call 30 minutes before arriving to make sure we are running on time.
- If you have a nightguard, wear it as usual.

BLEEDING:

- Slight bleeding is expected. If you notice excessive bleeding, use a moist gauze or black teabag over the extraction site and lightly bite down for a minimum of fifteen minutes.
- Do not rinse your mouth, spit or use a straw for 24 hours.
- Warm salt water rinses (1/4 teaspoon per 8 ounce glass) may be used the day after surgery. Swish gently.

MEDICATION:

- Do not take the prescribed pain reliever while working or driving and avoid alcohol.
- You may alternate the pain medication with an nsaid every 3 hours if additional pain relief is needed.

ORAL HYGIENE:

- Do not disturb the suture with your tongue, toothbrush, or in any other manner since this could impair healing.

DIET: For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of the surgery and have nothing hot for 24 hours. Hard, fibrous or "sharp" foods (such as corn chips) should also be avoided. It is important to maintain a diet with an adequate calorie level that is high in nutrients to support postoperative healing. Remember to drink plenty of non-caffeinated fluids.

*******ALCOHOL AND SMOKING WILL IMPAIR HEALING*******

Please call if you have questions or concerns: (206) 244-1410
After hours for Dr. Farhat (206)353-1333, for Dr. Friedman (206)550-0886, for Dr. Herron (206)331-7155