

>>Post-op Care Instructions

for patient:

Extraction

> **Clot Formation:** After the extraction, you will be given gauze to bite on to help in clot formation. After approximately 30 minutes of biting on the gauze, the extraction site should stop bleeding. If not, replace the gauze and bite down for another 30 minutes.

> **After Clot Formation:** Do not disturb the clot! The clot aids in healing. Disturbing the clot may slow healing time or cause a very painful “dry socket.” For the next 72 hours: Do not rinse vigorously, do not brush near the extraction site, no sucking on straws, avoid smoking or drinking alcohol, avoid chewing near the extraction site, and limit physical activity.

> You may experience the following after an extraction:

Swelling:

Some swelling is normal in the area of the extraction for 24-48 hours. Any form of ice pack, 20 minutes per hour, will help relieve symptoms. Swelling should diminish 72 hours after the extraction.

Discomfort:

Discomfort (pain) is typically caused by swelling, and is generally at its peak after numbness is no longer felt. If pain medications have been prescribed, take as directed.

Bleeding:

It's not uncommon to have some minor bleeding or “oozing” during the first 24 hours. Please call our office if bleeding persists or is excessive.

> **Diet:** Liquids may be taken 1 hour after the extraction. Remember, no sucking on straws! A soft diet is preferred for the first 72 hours.

> **Antibiotics:** If antibiotics have been prescribed, take as directed, even if no symptoms of infection are present.

> **After 72 hours:** You should be able to carefully brush the extraction site. Resume normal physical activity gradually. Should there be any bleeding, swelling, discomfort, or anything that just doesn't seem normal to you, please call our office immediately.



Dr. Rod Maxfield
31 W 100 S, STE A
Pleasant Grove, UT 84062
www.RodMaxfieldDDS.com
801-785-2631