

ReNew Dental Care
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Post- operative Instructions for tooth extractions

1. You have just had a surgical procedure. It is normal to expect some bleeding and swelling; bleeding should slow to ooze in two (2) to three (3) hours. Swelling may last for 2 to 5 days.
2. Maintain pressure over surgical site for about 30 minutes by biting down on the gauze. If bleeding continues, replace the gauze with a new one and re-apply biting pressure until bleeding stops.
3. Avoid cigarettes for the first 72 hours. Keep spitting to a minimum; avoid drinking through a straw, vigorous rinsing and mouth washing in the first 24 hours.
4. Use ice packs for the 24 hours and moist heat thereafter. After 48 hours you may rinse periodically and gently with warm salt water ½ tsp salt with 6oz water. Keep your mouth and surgical site clean. Do not use tooth brush over extraction site for 72 hours.
5. The swelling at your surgical site should be soft. If swelling becomes hard, or if there is discharge or foul odor, call the office.
6. It is important that you keep a good fluid intake. Juice, water, broth and soups are good for the 1st 24 hours. Cereals, mashed potatoes, boiled chicken, soft vegetables, pudding, Jello and macaroni & cheese are good for the next few days.
7. Antibiotics and/or pain medicine may be prescribed for the prevention of infection and pain. PLEASE FOLLOW THE DIRECTIONS ON THE PRESCRIPTION BOTTLES. If you have any reaction to the medication (itching, welts, nausea or vomiting), stop taking the medication and CALL THE OFFICE IMMEDIATELY.
8. Remember, some discomfort and swelling is normal in the first 24 to 72 hours after surgery. Follow all instructions for the best results. If severe pain develops after 72 hours it can indicate that something is wrong. Please do not hesitate to call.