

INSTRUCTIONS FOR POSTOPERATIVE CARE FOLLOWING EXTRactions

1. **Keep your mouth at rest** for the next 3 to 4 hours and remain physically quiet for the rest of the day. Do not lie flat but elevate your head with 2 pillows under your head & shoulders. A recliner works nicely. You may have an occasional **cold** drink, but do not rinse or have anything hot. **Do not use a straw.** Please refrain from smoking for 48 hrs.
2. As soon as you get home, **apply ice**, in an ice bag or wrapped in a thin towel, to your face on the side where surgery was performed. Keep this on for 10 minutes and then take it off for 10 minutes. Repeat this routine as often as you can for just today. This will help keep the discomfort and swelling to a minimum.
3. You may remove the gauze placed by our office after 30 minutes. If there is still oozing of blood, **do not rinse**. Fold 2 pieces of gauze into a small square and place over the extraction site that is bleeding. Keep it there with moderate pressure for about 15 or 20 minutes. This should stop the bleeding but may need to be repeated. Do not rinse and refrain from being active. If bleeding continues, you may moisten a tea bag, squeeze out excess liquid and place over the extraction site and apply moderate pressure for 15 to 20 minutes. If bleeding continues, call the office.
4. For soreness or aching, you may use the medication prescribed, tylenol, ibuprofen, or other mild analgesic every four hours. Call if this does not control the pain. **Aspirin & ibuprofen should only be used in the absence of bleeding.** If you were prescribed an antibiotic, use as directed until all gone.
5. Have a **cool** liquid diet today (milkshakes, ensure, yogurt, etc.). **No Straws.** Stay away from warm, hot things as they might prolong any oozing you may have. Starting tomorrow for the next 7 days, you may have a soft diet that requires little to moderate chewing. Avoid chips, peanuts, popcorn and the like. If bleeding has stopped, you may introduce warm foods as mashed potatoes, soups, eggs & cooked soft vegetables.
6. Brush your teeth normally and carry out your regular home care routine, **excluding** the surgical area.
7. If you have been given an anti-bacterial oral rinse like Peridex, start using the morning after your surgery following the directions on the bottle and use until released by the office.
8. **After 24 hours**, you may use warm salt water as a mouth soak. If there is still oozing of blood, **DO NOT RINSE.** Use one-half teaspoon of salt in one-half glass of warm, not hot, water. Bathe the surgical area until the salt water cools off. Empty and repeat until you have used all the solution. You may do this 3 to 4 times daily for one week. This helps healing and to firm & toughen the tissues. Do not use at the same time as your anti-bacterial rinse.
9. **IF YOU HAVE ANY CONCERNS OR IF THERE IS ANY COMPLICATION NOT COVERED HERE, PLEASE CALL THE OFFICE/ (772) 567-5981. FOR AFTER HOUR EMERGENCIES ONLY, CALL THE OFFICE (772) 567-5981, LISTEN TO THE MESSAGE- THEN DIAL "0" TO REACH DR. BETANCOURT DIRECTLY.**