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INSTRUCTIONS FOLLOWING YOUR EXTRACTIONS

Please read and follow these instructions carefully. Proper post-operative care can minimize and sometimes even completely avoid discomfort and problems following your extractions.

Bleeding Some bleeding is NORMAL during the first 24-48 hours following surgery. Blood mixed with saliva looks like a lot of blood, and the bleeding will seem to be worse than it actually is. Cold water or ice water will help to stop bleeding. If bleeding is excessive, lie down with your head elevated, and place gentle pressure against the surgical area with moistened gauze or cotton balls for 45 mins. If this does not stop the bleeding, try it one more time, and if you continue to bleed after this, call your dentist. The use of straws and carbonated beverages will also increase bleeding.

Pain Some discomfort can be expected. Pain may be most severe the second day, but should decrease thereafter. Use the prescribed medications as directed to relieve any pain or discomfort. If the prescribed medications do not control your pain, or the pain is increasing in severity after 2-3 days, call your dentist. You may have a dry socket, and this can be easily treated.

Swelling Swelling in the area of surgery, throat, cheek and even part of your neck can be expected. It should be maximal the third day after surgery, and then start to decrease. If the swelling is not decreasing after 3 days, or should it increase anytime after 3 days, call your dentist. Following surgery, an ice pack should be applied to your face over the operated area. Use the ice pack for 15 minutes on followed by 15 minutes off for the first 24 hours after surgery. This will also help to minimize post-operative pain as well as swelling.

Oral hygiene Immediately following surgery, the teeth should NOT be brushed for the first 24 hours. The day following surgery, brush and floss as usual EXCEPT in the area of the extraction site. Frequent gentle rinsing of the surgical area with warm salt water or plain water will help to keep the area clean and aid healing. Use any prescribed rinses as directed by your dentist.

Smoking Smoking should be avoided as much as possible, as it impedes healing and is associated with dry socket formation. If you must smoke, do not draw heavily on your cigarette/cigar as any negative pressure (suction) in the mouth can dislodge the healing blood clot.

Eating DO NOT USE A STRAW OR DRINK CARBONATED BEVERAGES as these will cause the healing clot to become dislodged and increase your chances of dry socket. : For the first 24 hours after surgery, it is best to restrict your diet to soft foods and liquids. Thereafter, a normal diet may be followed, but avoid chewing in the area of the extractions. Good nutrition is paramount to good healing – EAT WELL AND STAY HYDRATED!

If you have any questions or problems before your next appointment, please call us at our office phone of 480-782-1131. If it is after office hours, you may call Dr. Tandy's cell phone at 480-560-3479, or her home at 480-664-9504.