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POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

The most important thing to remember after your extraction procedure is to avoid excessive exertion for the next 24 hours. You should be able to return to normal activities the day after surgery.

You should expect some swelling and discomfort after the procedure. Apply an ice pack externally to the surgery area. Use the pack for 20 minutes on, 20 minutes off for 2-3 hours after the procedure. This will help minimize swelling.

Bite on gauze for the next 30 minutes to stop bleeding. Occasional blood in the saliva should be expected. Avoid spitting, sucking through a straw and smoking for 3 days after the extraction. If excessive bleeding continues, rinse with ice water. Another piece of gauze or a wet tea bag may be applied with pressure to the area for at least 20 minutes.

A prescription of antibiotics and pain medication may be given. It is very important that you finish the antibiotics unless otherwise directed. Continue taking the pain medication as needed to control discomfort.

You can chew efficiently but slowly in the areas of the mouth that have not been operated upon. Avoid hard, sticky foods that require heavy pressure for chewing. Foods that are good to eat at this time include: bananas, lukewarm soups, ice cream, bread, eggs, pasta, yogurt, baby food, cheese, milk shakes, and puddings. Salts and spices should be used in moderation. Two or three days after the extraction, you may resume a normal diet as long as chewing is avoided in the operated areas. Use your best judgment.

*If problems arise, do not hesitate to contact our office at 765-742-8792. Dr. Hart may be reached after hours at 765-430-5089.