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## Extraction Post op instructions

- **If Swelling** occurs apply a cold compress 20 minutes on the face and 20 minutes off. Repeat if necessary.
- **Brushing-** Avoid brushing the area for the first 24 hours. Be very gentle the next few days but continue your oral hygiene routine.
- **Mouth Rinse-** This is essential for avoiding infection after oral surgery. Use one- quarter teaspoon of salt dissolved in an 8- ounce glass of warm water and gently rinse. Ideally 2-3 times per day for the next 5 days.
- **Stitches-** If placed your Dr. will inform you. During the healing process they will dissolve on their own. It can take anywhere from two days to two weeks. No need to attempt to remove yourself.

### **Rinsing**

Beginning the day after extraction, gently rinse with salt and water in the morning and after each meal.

### **Pain**

Oral surgery is accompanied by some degree of discomfort. The most severe discomfort is usually within the first 12-24 hours after procedure. You may take a combination of Tylenol and Advil for pain/swelling.

**Limit mouth opening!**

**Do NOT smoke for at least 48 hours!**

### **Bleeding**

Bleeding is to be expected following extractions. Bite down firmly on gauze for 30-45 minutes after the procedure. If necessary, after repeat.

### **Food**

Be sure to eat SOFT foods for the first 24 hours. DO NOT use a straw! Avoid any spicy/crunchy foods for the first week.

### **Bone fragments**

During the healing process bony fragments are common and may work up through the gums if this happens feel free to contact the office to get it smoothed out.