



**Grayhawk Prosthodontics - Farzam Maleki, B.D.S., M.S., F.A.C.P.
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POST OP INSTRUCTIONS FOLLOWING EXTRACTION SURGERY

- **TAKE CARE OF YOURSELF** - Rest is essential the day of the extraction. Stay away from strenuous exercise, heavy lifting, and any aerobic activity that may elevate your heart rate.
- **BLEEDING** – After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Slight bleeding is normal and may occur up to two days. If bleeding occurs apply wet gauze for 30-45 to extraction site. You may contact us if bleeding does not stop or if you experience heavy bleeding. (Eg: You could fill a cup every hour).
- **MEDICATIONS** –Please take the indicated medication before the anesthetic wears off. Follow all instructions on prescription labels.
- **Oral Hygiene** – Do not rinse your mouth today. You may experience food getting trapped in the sockets. On the 2nd day after extractions, you may start rinsing your mouth with 8oz glass of warm water mixed with a 1 teaspoon of salt, especially after meals. Do not spit the water out after rinsing, simply open your mouth and let the water fall out to prevent any suction on the area. Continue to brush and floss, using gentle care around extraction site.
- **SWELLING** – Following an extraction, some swelling and skin bruising may occur. A cold, moist cloth or ice bag applied to the cheek will keep it to a minimum. Place on affected area for 15-minute intervals every hour for the next six hours.
- **FOOD** – a light diet with plenty of fluids is recommended the first day. Avoid carbonated and hot beverages. Stay away from hard, crunchy foods such as tortilla chips. Chew foods with area not involved with the extraction site.

DIET ADVICE FOLLOWING AN EXTRACTION

Solids

Ice Cream (No nuts or small candy pieces)
Milk Shakes (**Do not use a straw**)
Jell-O
Pudding
Mashed Potatoes and Gravy
Macaroni and Cheese
Yogurt

Liquids

Fruit Juices
Water
Milk
Lukewarm Beverages
Ensure Nutritional Drink
Carnation Instant Breakfast

CONTACT US if any of these signs of infection are present:

1. A fever above 101° F.
2. A persistent pain not relieved by pain medication.
3. A bad smell coming from your mouth.
4. Swelling under your tongue and/or the back of your throat.

*If you should have any questions or problems, please contact our office at any time.