

**ADULT EXTRACTION POST-OP**  
**INSTRUCTIONS**

**YOU ARE LEGALLY IMPAIRED FOR 24 HOURS FOLLOWING GENERAL ANESTHETIC OR IV SEDATION. DO NOT DRIVE OR OPERATE HAZARDOUS MACHINERY**

**1. Bleeding**

Some bleeding is normal following your surgery. To control bleeding, place tightly rolled gauze over the surgical site and apply firm, constant, biting pressure for one hour after your procedure.

Excessive bleeding can be controlled by placing a cool, moistened tea bag over the surgical site for one hour while applying pressure. Replace gauze every hour or when eating or taking medication. Rest with your head elevated, on two or more pillows, for the first day.

**2. Bruising**

Bruising may be present to varying degrees, but is usually not severe. It will subside within five to ten days.

**3. Swelling**

Some swelling is almost always present following dental surgery and is caused by bleeding in the tissues. Ice packs will help reduce the swelling, but should not be placed directly on the exposed skin. Rather, wrap an ice pack in a damp towel and place on the sides of your face for 20 minutes on, 20 minutes off while awake. Swelling typically reaches its maximum in 48 hours.

**4. Limited Mouth Opening**

This is a normal protective mechanism caused by accumulation of fluid in the jaw muscles to help healing. Limited opening usually subsides in about 2 weeks.

**5. Activity**

Activities should be restricted the day of surgery. Sedative effects will vary, however, you may feel drowsy. It is important to go home immediately after being discharged, rest and lie down, with your head elevated, as much as possible for the remainder of the day.

Patients should not drive a vehicle or operate heavy machinery or equipment for at least 24 hours following sedation. Patients should avoid making important decisions in this time period as well.

**5. Pain**

Pain may vary from non-existent to severe, depending on the extent of your procedure, but some discomfort should be expected. Painkillers are meant to *reduce comfort, but will not always eliminate it*. Dental anesthesia/freezing will last about 4 hours on the top jaw and at least 8 hours on the bottom. Do not wait for discomfort or pain before taking medication. Start taking your recommended painkillers before the freezing wears off. Approximate time of first post-surgical dose: \_\_\_\_\_

Avoid smoking, spitting or sucking through a straw for 3 days. These activities may dislodge or dissolve the blood clots, increasing both your discomfort and your healing time.

**6. Oral Hygiene**

Do not rinse your mouth or attempt to clean around the surgical site the first 24 hours. Rinsing should start the day following your surgery. Use 1 tsp. of salt in 8 ounces (250mL) of warm water or you may be provided with a prescription for antibacterial mouth rinse (chlorhexidine).

If you have been provided with a mouth rinse prescription, rinse lightly after every meal for 7 days. Use cleaning syringe provided no sooner than 7 days after your procedure with the salt solution after every meal.

