



Extraction Post Operative Instructions

Immediately after oral surgery apply pressure with gauze.

Bleeding should steadily decrease over time.

Use of a damp black tea bag is also acceptable as the tannic acid in the tea helps to stop bleeding.

After oral surgery it is normal to experience spotty bleeding.

This may continue for 2-3 days. Please contact our office or the doctor directly if you are concerned or have questions.

Use ice the day of surgery for discomfort

Beginning the day after your surgery use warm compress only

This is to encourage blood flow to the area to promote good healing

Maintain a normal diet while healing.

Progressing back to a normal diet will help your healing, acting as physical therapy.

Examples of encouraged diet: Sandwiches, Pizza, Pasta dishes, foods that encourage normal chewing.

Foods to avoid: Granular foods such as popcorn or nuts; sharp foods such as chips. Unless you were specifically instructed by the doctor at the time of your appointment there is no need to be on a liquid diet following your surgery.

Maintain good hygiene.

Please brush teeth like normal, manual and electric toothbrushes are acceptable.

Rinse with warm salt water after meals.

Rinse with prescribed Peridex/ Chlorhexidine rinse twice daily.

Use the plastic syringe provided to you starting 3 days post-operatively.

The plastic syringe is used for irrigating food debris from the extraction sites.

For irrigation use the Peridex rinse or warm salt water.

Avoid using cold water as the extraction sites may be sensitive.

If you have any questions please contact our office 813-654-8772.