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PERIODONTICS • DENTAL IMPLANTS • COSMETICS

INSTRUCTIONS TO PATIENTS FOLLOWING EXTRACTIONS AND/OR MORE COMPLICATED ORAL SURGERY

1. It is normal to have some bleeding following the procedure. Bite on one or several gauze pads for at least 1/2 hour following surgery. If there is bleeding after the first 1/2 hour, place one or several new gauze pads and bite on these for 1/2 hour longer. Repeat until the bleeding has stopped.
2. Swelling or bruising of the face may occur and is a normal process of healing. This peaks around the third day following surgery. When the doctor recommends cold compresses, apply crushed ice in a plastic bag or ice bag to the side(s) of the face where extractions were done, for 20 minutes out of each hour for 3-6 hours after surgery.
3. **The first meal or two after extraction or more complicated oral surgery should consist of soft foods high in protein such as milk, eggs or ground meat. Soups** are good but should not be very hot. For dessert, jello or ice cream can be eaten. An eggnog can serve as the only food for the first meal after extraction.
4. **ELIMINATE OR REDUCE SMOKING** during the first 3 days after extractions.
5. **AVOID RINSING YOUR MOUTH** the first 24 hours after surgery.
6. **DO NOT DRINK THROUGH A STRAW** during the first 3 days after extractions.
7. Take any and all **PRESCRIPTIONS** given you by the doctor only as directed. **THE DAY(S) FOLLOWING SURGERY**, rinse 3-4 times daily with warm salt water (1/2 teaspoon of table salt dissolved in an 8 oz. drinking glass of warm water). Eat well and drink plenty of fluids.

If any unusual problems arise (*increasing* pain, profuse bleeding, extreme swelling, fever, etc.) call the doctor.