**Extraction Post-Op Instructions**

1. Recommendations for pain control (Your pain and swelling will usually **increase** for the first **3 days** before gradually improving)
	1. Take Ibuprofen 600 mg as soon as you get home and then every 6 hours for 2-3 days
	2. Take Tylenol (Acetaminophen) 500 mg 3 hours after you get home and then every 6 hours for 2-3 days
	3. Take Hydrocodone/Acetaminophen (Prescription pain medicine) every 6 hours as needed for breakthrough pain
2. Eat light for the first day to avoid nausea (See back page for food suggestions)
3. Ice your face 20 minutes on and 20 minutes off as much as you can for the first 24 hours
4. Sleep with the head of the bed elevated for the first 3 nights to minimize swelling
5. **Bleeding for 3-5 days is normal.**
6. Bite on gauze for approximately 1 hour. Extra gauze is provided. Use as needed.
7. **DO NOT drink hot liquids, use a straw, or smoke for five days.**
8. Begin rinsing the mouth with a warm glass of water mixed with half a teaspoon of salt the day following the procedure. **(NO swishing)**
9. If sutures were placed, they will dissolve usually within the first week.
10. You will see holes in the back of your mouth for the first several weeks. It takes 6 weeks for complete recovery.
11. If you asked to keep your teeth you may have only 1-2 teeth even though more were removed due to the fact that many times the teeth need to be cut into small pieces for removal.
12. In case of an emergency, please call our office at (206) 690-5417. This number is also available to reach Dr. Streelman after hours.

****BEGIN using the Monoject Syringe **THREE DAYS** after your surgery.

Irrigate after every meal for 5-10 days.

Please follow the instructions:

1. Use prescribed mouth wash or mix lukewarm tap water (8oz glass) with ½ tsp. salt.
2. Fill syringe with salt water.
3. Aim curved tip of the syringe into the extraction sites of the lower jaw.
4. Depress the stopper letting the water irrigate down into the extraction site. Let the water run out of your mouth into the sink. Use moderate force when depressing the stopper.
5. Repeat steps 1-4, two (2) times for each lower extraction site. (2 syringes per site)

**RECOMMENDED** foods to eat for the first 3-5 days

1. Smoothies
2. Scrambled eggs
3. Mashed potatoes
4. Oatmeal
5. Pancakes
6. Pudding
7. Jell-O
8. Ice cream
9. Yogurt
10. Applesauce
11. Bananas
12. Avocado
13. Soup

A good general rule is if you can cut it with a fork you can eat it.

Foods to **AVOID** for the first 3-5 days

1. Seeds and nuts
2. Popcorn
3. Rice
4. Chips
5. Pizza
6. Hamburgers
7. Acidic food (Oranges, tomatoes)
8. Carbonated beverages

If you have any questions, please contact our office.

Good Luck! You will do great!