

Extraction Post-Op Instructions

1. Recommendations for pain control (Your pain and swelling will usually **increase** for the first **3 days** before gradually improving).
 - a. Take Ibuprofen 600 mg as soon as you get home and then every 6 hours until the pain subsides. **(If the patient is 15 years of age or younger, follow the manufacturer's instructions on the box). If you are taking blood thinners DO NOT use ibuprofen.**
 - b. Take Tylenol (Acetaminophen) 500 mg 3 hours after you get home and then every 6 hours for 2-3 days. **(If the patient is 15 years of age or younger, follow the manufacturer's instructions on the box).**
 - c. If prescription pain medicine was prescribed it can be taken every 6 hours as needed for breakthrough pain. This can be taken in combination with the Tylenol or Ibuprofen, or on its own.
 - d. Prescribed Antibiotics: **If prescribed** antibiotics they should be started only if pain and swelling continue to increase after day three as this is a sign of a developing infection.
 - e. Chlorhexidine (Prescription rinse), begin use the day following your surgery for 5-7 days **(no vigorous swishing or spitting)**.
 - f. Steroids (Methylprednisolone), helps to reduce swelling and inflammation. **Please take a directed IF this is prescribed.**
2. **Light bleeding for 3-5 days is normal.** Bite on gauze and change every hour or when gauze is saturated, until bleeding stops. **Black tea** bags can be used similarly to gauze if bleeding persists and will help to form a blood clot.
 - a. **DO NOT eat, sleep, or drink with gauze in your mouth.**
3. **DO NOT eat or drink hot liquids, DO NOT use a straw, and DO NOT smoke/vape for five days post-op.**
4. Eat light for the first day to avoid nausea (See back page for food suggestions).
5. Ice your face 20 minutes on and 20 minutes off as much as you can for the first 24 hours.
6. Sleep with your head elevated for the first night to minimize swelling.
7. If sutures were placed, typically they dissolve within 7-10 days. No follow-up needed.
8. It typically takes 6-8 weeks for your extraction sites to fully heal.
9. **You may begin brushing your teeth** immediately after your procedure. Just be careful around the surgical sites.
10. 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 provided syringe **THREE DAYS** after your surgery.

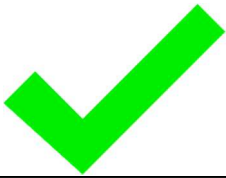
Irrigate after every meal for 5-10 days.

Please follow the instructions:

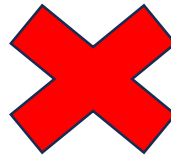
1. Use Chlorhexidine OR mix lukewarm water (8oz glass) with ½ tsp. salt.
2. Fill syringe with Chlorhexidine OR salt water
3. Aim curved tip of the syringe into the extraction sites.
4. Push the stopper letting the water irrigate into the extraction site. Let the water run out of your mouth into the sink. Use moderate force when pushing the stopper.
5. Repeat steps 1-4, twice for each extraction site.



FOOD RECOMMENDATIONS



- Smoothies
- Scrambled Eggs
- Mashed Potatoes
- Oatmeal
- Pancakes
- Pudding
- Jell-O
- Ice Cream
- Yogurt
- Applesauce
- Bananas
- Avocado
- Soup – lukewarm



- Seeds and nuts
- Popcorn
- Rice
- Chips
- Pizza
- Hamburgers
- Acidic food
(Oranges/tomatoes)
- Carbonated beverages

If you have any questions, please contact our office.

Good Luck! You will do great!