

## **Silver Screen Dental**

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### **POSTOPERATIVE CARE FOR EXTRACTIONS**

**NO SMOKING:** Smoking is a major contributor to dry sockets. Smoking constricts capillaries which delays wound healing. Do not smoke for 2 days after extractions.

**DRESSING:** Expect some blood in your saliva, especially the first night and the next day (an old pillow is a good idea for the first night.) Apply some damp gauze to control the bleeding.

**RINSING:** Do not rinse your mouth today. It is important that you don't dislodge the blood clot! Tomorrow, rinse **gently** with a warm salt-water solution, along with Listerine. You may do this every few hours after each meal.

**DIET:** A diet of soft foods and plenty of water is recommended.

**ICE PACK:** Cold or ice packs help to reduce swelling, bruising and pain. Apply an ice bag to the side of the face where the extraction was performed. Leave the ice bag on for 20 minutes, then off for 20 minutes. There should be a towel place between the ice bag and the skin to avoid potential tissue damage. This should help, not hurt.

**ACTIVITY:** Take it easy and pamper yourself. Try to avoid straining and keep you heart rate down. No matter how good you feel, don't go to the gym, clean the house, etc. We do not want you to bleed and cause any more swelling and discomfort that are avoidable.

**ORAL HYGIENE:** Brush and floss as normal, but **do not disturb** the extraction site. **Do not use toothpaste for the first two days.**

**ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol while taking prescription drugs, as the combination can be dangerous.

**POSTOPERATIVE APPOINTMENTS:** It is important that you follow the schedule of appointments we establish after the extraction.

**VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at **512-345-8800** or after hours, my cell phone **512-773-4521**. My home phone is **512-266-0411**.