



TOOTH EXTRACTION POST OP

WHEN SHOULD YOU NOTIFY THE DOCTOR?

- If profuse bleeding continues after 3-4 hours of applied, constant pressure
- If you are unable to maintain a nutritious diet after 48 hours
- If the pain and/or swelling increases after three days
- If you have an allergic reaction to medications such as:
 - o Skin rash
 - o Hives
 - o Elevated temperature
 - o Increased and/or erratic heart rate
 - o Nausea and/or Vomiting
 - o Dizziness and/or Fainting
 - o Blurred vision
- If you have difficulty breathing or swallowing – **go to Emergency Room**

GENERAL INSTRUCTIONS

- **DO NOT RINSE** for at least 24 hours after surgery
After 24 hours, gently rinse several times per day with warm salt water
- **DO NOT EXERCISE** or do heavy lifting for 3-5 days after surgery
- **DO NOT SMOKE** for 72 hours after surgery
- **DO NOT** drink with a straw or spit with force
- Brush very gently in the area of surgery and surrounding areas

WHAT TO EXPECT FOLLOWING ANY SURGERY

Bleeding. To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 20 to 30-minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours, apply a gauze soaked in strong tea and repeat the above steps until the bleeding stops. Exercising and heavy lifting will raise your blood pressure and can dislodge the blood clot, causing bleeding to continue and interfering with healing.

Swelling. To prevent and/or minimize swelling, apply ice packs at 10-minute intervals to the surgical area. After 72 hours, apply warm compresses to the area to relieve swelling. Swelling is a natural part of the healing process and can be expected for three (3) days to several weeks, depending on the nature and extent of surgery.

Discomfort. Following most surgical procedures, there may or may not be pain. You will be provided with medication for discomfort that is appropriate for you. In most cases, non-narcotic pain medications will be prescribed, and a regimen given consisting of **Acetaminophen (Tylenol) & Ibuprofen (Advil/Motrin)**. These two medications, taken together, can be as effective as narcotics.

(3) Advil + (2) Extra-Strength Tylenol
[600mg Ibuprofen + 1000mg Tylenol]
Every 6 hours for the first 2 days and then as necessary

Please contact Dr. Weiler with any further questions or concerns:
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