

Perio Central

Steven D. Aeschliman, D.D.S., P.S.
Periodontics & Implantology

INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

Following surgery you will be given prescription medications; use them as directed. If you have an adverse reaction (skin rash, hives, etc.) to any of the medications, discontinue use and call Dr. Aeschliman. If you feel that you are having a serious reaction with difficulty breathing, chest pain, or other serious symptoms, call 911.

1. After having sedation, it is very important that on the day of surgery you stay at home and rest. It will take several hours for the effects of the medication to wear off. Do not drive a car, operate machinery, use alcohol or conduct business for the rest of the day. Rest is very important for the healing process, so it is advised to rest for a day or two after surgery.
2. Use an ice pack over the surgical area as directed by surgical staff. Alternate placement on and off every 15 minutes.
3. Liquids and soft foods are recommended the first 2-3 days. We will provide you with a separate page of food options. Drink plenty of water. Avoid alcohol. No smoking or chewing tobacco.
4. Do not brush or floss directly on the surgical site. You need to brush and floss your other teeth as you normally would. If needed, warm salt water can be used to gently rinse the mouth.
5. Bleeding will be well controlled before you leave the office. However, there may be slight bleeding for several hours after surgery. To prevent additional bleeding, avoid forceful coughing, strenuous exercise, and spitting on the day of surgery. If needed gauze can be applied to the extraction site and gently bitten to apply pressure. A damp tea bag (non-herbal) can also work well to control bleeding.
6. If any sutures were used in conjunction with your surgery, they will be removed in our office in 7-10 days. Please do not attempt to remove sutures yourself. If sutures fall out, there is usually no need for intervention, but please call the office if you feel there is a problem.
7. If bone grafting and membrane placement were part of your treatment, be aware that some small bone particles may migrate out of the socket and feel like sand in your mouth. Also, the membrane is sometimes visible in the socket and has a white color. Both are completely normal and of no concern.

Please remember that some pain and discomfort is normal and that after 48 hours following surgery you should start to feel better. Please contact our office with any concerns.