



Dr. Gordon Levin Inc.

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Post Operative Instructions Following Extraction

A certain amount of bleeding, pain, and swelling is normal. Reduce your activity as much as possible for several hours. We'll make sure that your bleeding is controlled before you leave our office. If bleeding should develop after you leave apply steady pressure on the area by biting firmly on rolled, damp gauze for 30-60 minutes.

Avoid spitting, rinsing, brushing the area, and drinking from a straw for 24 hours. These activities may hinder the formation of a blood clot, which is necessary for proper healing. We suggest that you do not smoke for at least 5 days after surgery, the nicotine make break down the blood clot and cause "dry socket". Also avoid hard, spicy foods, or things that contain seeds or nuts. Chew your food away from surgical site. High liquid intake is important since your food intake will be much lower today.

For moderate pain you can take 1-2 tablets of Tylenol (Acetaminophen) or Advil/Mortin (Ibuprofen) every 3-4 hours as needed. If sever pain is anticipated you will be given a prescription for stronger pain medication. If needed take prescription as directed, and follow precaution indicated on bottle. **Discontinue use of prescription in the event of rash, diarrhea, or other unfavorable reaction!** Use ice packs on the surgical area for the first 24-48 hours; apply ice 20 minutes on-10 minutes off. If the muscles of the jaw become stiff, a warm moist cloth can be applied 24-48 hours after surgery to the outside of you face over the muscles to get rid of the stiffness.

24 hours after surgery rinse your mouth gently with solution of half a teaspoon of salt dissolved in a glass of lukewarm water. You may add a small amount of mouthwash to improve the taste. Repeat after every meal or snack for about a week. Rinsing is important because it removes food particles and debris from socket which helps prevent infection and promotes healing. Also 24 hours after your surgery you can resume your regular tooth brushing, but avoid the surgical site so as to not loosen or remove the clot.

If you have any questions or concerns please contact us at 250-746-9697.