

OFFICE PHONE 863-382-8878

POST OPERATIVE INSTRUCTIONS FOR TOOTH REMOVAL

General:

1. You may feel slightly tired after the procedure. Have time available to rest if needed.
2. Refrain from drinking with a straw or spitting for the first 24 hours after extraction.
3. **GENTLE** warm salt water rinses 2 to 3 times per day for one week after the extraction. Use 1 teaspoon table salt to 8oz. warm water.
4. If you were given a mouth rinse in the office, rinse in the morning after brushing your teeth and at night before going to sleep. Wait 30 minutes before eating or drinking anything.
5. If you smoke, please refrain from smoking for the first 24 hour period and reduce tobacco use for the first week after treatment.
6. Do not use toothpastes containing tarter control, baking soda, and peroxide or whitening agents. Please use original cavity protection toothpaste with fluoride only.
7. In some cases, a bone graft was placed. You may see pieces of bone graft material in your mouth. This will look like small white grit-like pieces. **This is normal.**
8. In some cases, a surgical glue may be placed over the extraction site. This will feel rough and will be purple in color.

Activity:

1. Limit yourself to non-strenuous activities or rest on the day of the extraction. You may return to normal activity the following day.
2. Bite on gauze with firm pressure for 20 minutes following procedure. The gauze should be changed when needed, usually every 10 minutes.
3. Blood in your saliva is normal. If heavy bleeding occurs, place gauze or a REGULAR moist tea bag directly on the area and bite firmly on the tea bag for 20 minutes. If bleeding does not stop, call the office.
4. Place ice pack on the area where tooth was removed. Keep it on for 20 minutes and off for 20 minutes for the first 2 hours.

Diet:

1. Softer foods and liquids are recommended for the first 24 hours after treatment. You can continue your normal diet after the first 24 hours of treatment.
2. Avoid spicy and acidic foods for 1 week, as these can irritate the area.
3. Popcorn, peanuts, crunchy, and hard foods should be avoided for 1 week.

Medications:

1. (1) One Ibuprofen 800 mg taken with two (2) 500 mg Tylenol reduces inflammation, relieves pain, and lessens the need for stronger pain medications.
2. Any antibiotics prescribed are to be taken as directed to reduce the chance of any infection. If stomach upset occurs, if you break out in a rash, hives, or start to itch, stop medications, and call the office.
3. In cases where no prescriptions are given, Extra strength Tylenol or Advil should be sufficient.

**YOU MAY REACH DR. KIRSCH AFTER HOURS BY CONTACTING HIM AT
863-381-0791.**