

Care Instructions Following Your Extraction

It is very important to follow after care instructions. If you experience a deep pain after a couple of days, you may have a dry socket (bone infection). Call us at **(808) 625-6300**, Dr. Baysa may need to prescribe appropriate medication.

What to Expect:

- Numbness may last 2-8 hours. You may eat/drink but be careful not to bite your tongue, cheek, or lip.
- Bite firmly on gauze pad for 20 minutes. If bleeding continues, fold new gauze over the area and maintain firm pressure again for 20 minutes.
 - Several pieces of gauze may be needed to create enough pressure over the extraction site.
 - Gauze may be substituted by a warm, soaked tea bag. The tannic acid in tea has a clotting effect.
 - It is normal for saliva to be streaked with blood for a day or two after surgery.
- Pain control should be started prior to numbing wearing off. **DO NOT TAKE Aspirin or Ibuprofen** as this may thin the blood and prolong bleeding. *If Dr. Baysa has prescribed antibiotics or stronger pain medication, take them as directed.
- You may experience swelling and discoloration in certain areas, usually reaching its maximum after two days. It should disappear gradually and is no cause for concern. You may apply an ice pack for the first 4-6 hours, alternating 10 minutes on, 10 minutes off.

Care – Day 1:

A clot should form in the extraction site. This will act as a band-aid to allow healing. Avoid the following for the first 24 hours as you do not want to disturb the clot:

- Avoid brushing the site.
- Avoid sports and strenuous activity.
- Avoid smoking as it can cause a very painful dry socket (bone infection).
- Avoid vigorous rinsing, spitting, or drinking through a straw.
- Avoid hot liquids. Softer, cooler foods are ideal for the first day. Nutrition is important for healing.

Care – Day 2:

Starting tomorrow, gently rinse with warm salt water for 1 week. (1 tsp salt / 1 cup warm water, 6-8 times per day). *Continue to rinse with water, warm salt water or alcohol-free mouthwash for 30 days, especially after meals to keep the site free from debris.

Sutures (stitches) if required will dissolve without discomfort within 7-10 days. Keep fingers and tongue away from the area.

