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Post Operative Care/Simple or Surgical Extractions:

1. No spitting, smoking, or sipping through a straw, and **no carbonated or alcoholic drinks** (can cause a dry socket).
2. No bending, stooping, or lifting anything heavy today. (Can cause continued bleeding).
3. Bite firmly on gauze for 45 minutes, then take gauze out and take pain medicine. Biting on gauze should stop the bleeding. However, it is normal to have some oozing after you remove the gauze. If you are bleeding heavily after you have taken your pain medicine, then dampen and insert another piece of gauze and bite for an additional 30 minutes. The only way to stop the bleeding is by putting a lot of pressure on the gauze.
4. Don't take the gauze in and out of your mouth while waiting for a clot to form. You may pull the clot out, which can cause a dry socket.
5. You may need an ice pack if the tooth was surgically extracted. Leave the ice pack on for 30 minutes and off for 30 minutes until late tonight and tomorrow. If you need an ice pack, you can use a zip lock bag with crushed ice or ice cubes and a small towel wrapped around the bag. A bag of frozen green peas works well also.
6. Always drink or eat something before you take your pain medicine – never take pain medicine on an empty stomach. It could make you nauseous.
7. A liquid diet today: Pudding, jell-o pudding pops, ice cream, broth, tomato soup, etc. A soft diet tomorrow (mashed macaroni & cheese, baked potatoes, mashed potatoes, etc).
8. You may brush your teeth tomorrow, avoiding the extraction area(s).
9. After 24 hours use warm salt water rinses following each meal the next five days. **Make sure you don't swish the salt water, just let it roll around in the extraction site(s).** After 5 days, discontinue the salt and start vigorously swishing with warm water.