

Smiles at Murphy

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Post op Instructions: Extraction

JUST AFTER EXTRACTION

- Do not disturb the wound
- Bite on the gauze firmly for 15 to 20 minutes to help control the bleeding
- Oozing is normal, swallow the mixture of saliva and blood, DO NOT SPIT
- Take pain medication before the anesthetic is worn off to control discomfort
- Limit your activities
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NUTRITION

What you can eat

1. Mashed potatoes
2. Ice cream or smoothie
3. Jello or pudding
4. Clear soups
5. Pasta or rice

What not to eat.

1. Hard and spicy foods
2. Hot beverages: Coffee and tea
3. Smoke and tobacco
4. Carbonated drinks

FIRST 24 HOURS

- Do not directly brush at the extraction site .Be gentle.
- Do not spit, blow or suck through a straw.
- Do not smoke, or use tobacco
- Do not sneeze or cough
- Do not drink hot carbonated or alcoholic drinks.

Next 24 Hours

- Begin to eat normally as soon as you feel comfortable.
- Resume brushing and flossing but still be gentle on the site
- Rinse with warm saltwater 2-3 times a day for 1 week.
- Continue prescribed antibiotics until completely gone.

When to call us 972 423 5300

- Heavy or increased bleeding
- Pain or swelling that increases or continues for 2-3 days
- A bad taste or odor in your mouth
- A reaction to the medication