



**Shipley's**  
DENTAL CARE

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## Post Operative Extraction Instructions

Following your dental extraction, it is important to follow these instructions carefully to ensure proper healing and avoid complications such as dry socket or infection.

### Bleeding

- Bite firmly on the gauze pad placed over the extraction site for **30–45 minutes**.
- If bleeding continues, replace it with a fresh piece of gauze and bite down with pressure.
- A small amount of oozing is normal for up to 24 hours.

### Pain Management

- Take prescribed or recommended pain medications as directed.
- Over-the-counter medications like **Ibuprofen or Acetaminophen** can be taken if not contraindicated. Alternating every 4-5 hours.

### Eating and Drinking

- Stick to a **soft, cool diet** for the first 24–48 hours (e.g., yogurt, soup, mashed potatoes).
- Avoid hot, spicy, crunchy, or chewy foods.
- Do not drink through a **straw** or suck on anything (this can dislodge the clot).

### Activity

- Limit physical activity for the first 24–48 hours.
- Rest and keep your head elevated when lying down

## Swelling

- Apply an **ice pack** to the outside of your face near the surgical site.
- Use 20 minutes on / 20 minutes off during the **first 24 hours**.
- Swelling typically peaks at 48–72 hours, then subsides.

## Oral Hygiene

- **Do not rinse, SPIT or brush near the site** for the first 24 hours.
- After 24 hours, gently rinse with **warm salt water** (1/2 tsp salt in 8 oz water) 3–4 times a day, especially after meals. Alternating with Stella Life rinse for 1 minute.
- Resume brushing and flossing, but avoid the extraction area until it begins to heal.

## Follow-Up Appointment:

**Contact Us:** (410) 987-8800

**Emergency After Hours:** Text or leave a voicemail: (240) 654-7209 - Dr. Perez

## Avoid

- **Smoking** or using tobacco for at least **72 hours**, preferably longer.
- **Alcohol** for at least 24 hours and while taking any antibiotics or pain medications.
- **Drinking from a straw**

## Signs to Watch For – Call the Office If You Notice:

- Excessive bleeding (soaking through gauze after several changes)
- Severe or worsening pain after 2–3 days
- Swelling that worsens after 3 days
- Fever, chills, or foul-tasting discharge
- Difficulty opening mouth or swallowing