

# Promenade Complete Dental Center

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## **Post-Op Surgery Instructions**

(Extractions and Periodontal)

- 1) **Gauze**  
Firmly bite on the gauze pad for 10 minutes then change to a fresh gauze in the packet we have provided to you
- 2) **Do not rinse your mouth out or brush your teeth on the extraction side today**  
Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days.
- 3) **Do not smoke today.**  
Smoking may be resumed gradually tomorrow.
- 4) **Do not spit today.**  
If it feels necessary to rid your mouth of excess fluid, let it “roll” out the side.
- 5) **Do not drink through a straw.**  
The sucking action can dislodge the clot that is forming in the extraction site.
- 6) **Drink plenty of fluids.**  
Liquid is very important in the healing process. But refrain from drinking carbonated beverages or alcohol for the rest of the day.
- 7) **What to eat?**  
A soft diet that is high in protein; (soup, mashed potatoes, soft boiled eggs, etc) is necessary for the following 24 hours. Avoid any foods with seeds (breads, fruits) because they can get stuck in the area. Be careful not to chew lip or tongue if the numbness is still present.
- 8) **Activity.**  
Refrain from any strenuous activity for the next 24 hours. Do not lay flat after the procedure. For sleep, prop head up with two pillows.
- 9) **Bleeding.**  
Following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for fifteen minutes. Repeat if necessary. If bleeding persists after several gauze applications, place a slightly moistened tea bag over the site and bite down softly.
- 10) **Swelling and Bruises**  
To help prevent excessive swelling an ice bag wrapped in a towel (or you could use a bag of frozen peas) should be applied to the area, twenty minutes on and twenty minutes off during the first 24

hours. You may experience some bruising in the area. This is a normal response in some people. It will disappear in 7 – 14 days.

- 11) **Pain.**  
For mild to moderate pain, any pain medication or Ibuprofen (Motrin/Advil) is recommended. Do not take aspirin.
- 12) **Infection.**  
If medication was given for infection such as antibiotics make sure to finish the prescription.
- 13) **Bony edges.**  
Small sharp bone fragments may work up through the gums during healing. These are not roots: if annoying, return to this office for their simple removal.
- 14) **Avoid.**  
Avoid lifting lip up to examine the area.
- 15) **Sutures**  
If sutures (stitches) were placed, please keep appointment to remove them.

The proper care following oral surgery will hasten recovery and prevent complications.

If any unusual symptoms occur, please call our office.