

# Shoreham Family Dental

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## **Post-op Instructions for tooth removal (extraction)**

- 1 Do not rinse or spit until the day following surgery.
- 2 Keep fingers and tongue away from socket or surgical area.
- 3 Use ice packs on surgical area (side of face) for the day of surgery and the first day after- apply ice 10 minutes on - 10 minutes off. Bags of frozen peas work well. You may use heat starting the second day after if you wish.
- 4 For mild discomfort take Tylenol or Ibuprofen every three to four hours.
- 5 For medium or severe pain use the prescription we have given to you.
- 6 Drink plenty of fluids.
- 7 Do not use a straw and Do not spit as this may dislodge the blood clot (healing scab).
- 8 Starting the second day after, use a warm salt-water rinse following meals for the first week to flush out particles of food and debris which may lodge in the surgical area. (1/2 teaspoon of salt in a large glass of warm water).
- 9 Diet may consist of soft foods which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, etc. Be careful not to have anything too spicy or acidic as it may cause further discomfort.
- 10 A certain amount of bleeding is to be expected following surgery. Bleeding is controlled by applying pressure to the surgical area using small rolled gauze for 30 to 120 minutes (gauze should be changed every 1/2 hour). After that time remove the gauze and then you may eat or drink. If bleeding persists, additional gauze packs, or a moist teabag should be placed in the area of bleeding with gauze above to provide additional pressure. You should bite down in thirty minute intervals and repeat as necessary. This will aid in clotting blood. If you have any questions about persistent bleeding please call our office. If surgery was close to bedtime please be sure bleeding has subsided before going to bed. Also, sleep with an old pillow case and or towel because the oozing may run onto your sheets.
- 11 We suggest that you do not smoke or drink alcohol for at least 1 day after surgery. Nicotine may break down the blood clot and cause a "dry-socket" and alcohol can cause excessive bleeding.
- 12 Feel free to contact us if any doubt arises as to your progress and recovery.

## **Post operative conditions seen after surgical removal of a tooth**

- 1 Excessive Bleeding
- 2 Swelling of the surgical area
- 3 Bruising of the area
- 4 Trismus (stiffness) of the muscles that may cause difficulty in opening your mouth for days after the surgery. This will completely resolves after two weeks. You may have a slight earache or sore throat. Bony edges or spicules due to the scaring of the oral tissues.
- 5 Slight elevation in temperature.

## **The following complications are rare but can happen:**

- 1 Numbness of the gums, chin, and/or tongue on the side from which the tooth was removed may develop. This is called "paresthesia" and is usually a temporary condition, which will correct itself. It may persist for a few days to several months. On rare occasions it can be permanent as we discussed.
- 2 Sinus communication: There is a close relationship between the upper back teeth and the sinus cavity. A communication (or hole) between the sinus and the socket where the tooth was removed can occur. If this happens during a surgical procedure, you will be given special instructions.

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