Smile League DENTAL
815-782-6243
3330 MALL LOOP DRIVE, #A / JOLIET, IL. 60431

Post-Operative Instructions for Extractions and Oral Surgery

Day 1: Continue biting on the gauze for 30 minutes following your procedure. After 30 minutes, if you are still bleeding anytime within 24-72 hours, use gauze that have been provided. If you have stopped bleeding, there is no need to use the gauze. Reduce spitting, rinsing, or talking too much. DO NOT drink through a straw. ABSOLUTELY NO smoking or drinking alcoholic beverages for at least 7 days. The goal is to keep away from anything that contains alcohol including mouthwash. Failure to follow these instructions may lead to a painful complication known as DRY SOCKET. No heavy lifting, exercising or operating heavy machinery.

Day 2: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. Oral hygiene: Brush gently around the extraction site. A gentle lukewarm saltwater rinse is advised 24 hours after procedure. We recommend this to be done every 2-3 hours for the next 7-10 days. But again, do not spit or swish forcefully, and allow the fluid to slowly empty from your mouth. Discomfort: Over the counter- pain medication (Ibuprofen, Aleve, and Tylenol) may be taken to relieve discomfort. If you have been prescribed antibiotics, take them as directed until they are finished, even if symptoms have gone away. Swelling: If swelling occurs apply cold compression for 10-minute intervals on first day. Any swelling that occurs should lessen within 72 hours; call the office if there is no change. Bleeding: Some oozing of blood is normal for the first 12-24 hours. If you experience excessive bleeding, apply firm pressure with gauze on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside. Diet: Drink plenty of fluids. A soft diet is advised such as yogurt, smoothies, soups. Avoid foods that are spicy or too hot in temperature. It is normal to have a little tenderness while chewing. Stitches: If you have received sutures, avoid playing with them. Sutures will dissolve on their own. No follow-up appointment is necessary.

DO NOT HESITATE CALLING US ON 815-782-6243 if you have any questions.