

SCOTT A. PAUL, D.D.S.
Practice Limited to Periodontics/Implants

"Committed to Caring and Excellence"

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POSTOPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

WHAT YOU SHOULD EXPECT:

1. Swelling is normal and usually peaks on the second and third day after surgery.
2. Jaw stiffness may be present for several days.
3. Soreness of the jaw and surgical site should be expected.
4. A constant, deep, throbbing discomfort occurring 2-3 days after your extraction(s) in spite of taking pain medication may indicate a "dry socket." Call the office so you can be treated.

ON THE DAY OF SURGERY:

1. Maintain firm biting pressure on the gauze in your mouth for 30 minutes. Replace as necessary.
2. Some oozing of blood is normal for up to 24 hours following surgery and should not cause concern. If bleeding is heavy, moisten a tea bag, place it directly over the bleeding site and bite firmly for 30 minutes. This may be repeated 2-3 times. If bleeding persists, call the office or Dr. Paul, if after hours.
3. Do not rinse your mouth vigorously nor spit forcefully today as it stimulates bleeding.
4. Apply ice packs to the jaws over surgical sites at least 20 minutes out of each half hour for the first 48 hours to help minimize swelling.
5. Eat soft foods and drink plenty of fluids but do not drink through a straw.
6. Reduce physical activity and get adequate sleep.

ON DAYS FOLLOWING SURGERY:

1. After using ice for the first 24-48 hours, use warm, moist compresses over the area(s) for 10-15 minutes per hour.
2. Soak affected areas with warm salt water solution (1 teaspoon table salt in 8 oz. hot water). This will help reduce swelling and discomfort. Soak areas 4 or 5 times a day until swelling decreases.
3. Resume brushing teeth and gums carefully.
4. Soft foods high in protein and vitamin content are recommended for several days. However, resume a normal diet as soon as possible except for hard, crunchy, or crispy foods.
5. Do not exercise or perform physical activity for 3 days following surgery.

MEDICATIONS:

1. Pain medications should not be taken on an empty stomach.
2. If an antibiotic has been prescribed, take the medication as directed until completely finished, and do not miss a dose.
3. Women: If you use an oral contraceptive and are prescribed an antibiotic, you should be aware that there may be an increased risk of pregnancy while you are taking the antibiotic. Please use an additional form of birth control for two weeks after completion of your antibiotic course.

PLEASE CALL:

Do not hesitate to call if problems arise or if you have questions. Our 24-hour telephone number is 760-525-0949