



CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

POST OPERATIVE INSTRUCTIONS:

REMOVAL OF TEETH

- Bite gently on the gauze and compress for **1 hour**. If bleeding persists, fold new gauze twice and place it directly over the extraction site. Bite on the new gauze for an additional hour. Repeat until bleeding stops.
- Apply ice to face near the extraction site or surgical area 20 minutes each hour. Do this for approximately 6-8 hours.
- **Post-Operative Brushing:** Brush and floss more frequently than normal. Good hygiene is the way to quick recovery. Normal brushing is done 3x daily, each time for 3 minutes. Floss normally 1x per day.
- **Rinsing:** The day following surgery, start rinsing with warm water at least eight times a day, especially after meals and at bedtime. By the second day, rinses should become gradually hotter and more vigorous until they are steaming hot. Eight rinses a day.
- **Diet:** Soft foods are best for the first day. Drink lots of fluids and eat nourishing foods to avoid any dehydration and lowered body resistance.
- While numb avoid biting or chewing your tongue, or the inside of your cheeks or lips. **It is very important for parents to watch children closely after treatment!**
- **Post-Operative Medications:**
 - If you are provided with an antibiotic or analgesic, take it as directed
 - A mild pain medication such as *Ibuprofen* or *Acetaminophen* best taken on a routine basis for the first 4 days.
- Expect some swelling after 24 hours. If swelling or pain persists, or increases, return to the dental office for evaluation.



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- **Don't** do the following on the first 2 days after surgery:
 - No smoking or alcohol consumption of any type
 - No drinking through a straw
 - No vigorous rinsing (first 24 hours)
 - No spitting
- If you have any of the following, return for follow-up:
 - Fever greater than 100 degrees Fahrenheit
 - Lessening ability to open the mouth
 - Difficult or painful swallowing
 - Hoarseness
 - Continued profuse bleeding after the steps in #1 have been taken
 - Difficulty in the breathing, head directly to the Emergency Room