

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

Keep light pressure to the extraction site for 15 minutes after leaving our office.

WHAT TO EXPECT :

1. **Bleeding** –To slow or stop the bleeding, bite down and keep firm pressure to the extraction site with the gauze that has been provided for you, pressure should be applied in 20 to 30 minute intervals and repeated until the bleeding is brought under control.

2. **Swelling**- To prevent or minimize swelling apply ice pack at ten minute intervals to the swollen area .After 72 hours apply a warm compress to the area, swelling is a natural part of the healing process and can be expected for three days to several weeks depending on the nature and extent of the surgery.

*** If an ice pack was provided for you from our office, that also can be used as a heat compress. Heat in microwave at 15 second intervals until warm and comfortable to the touch.

DO NOT RINSE FOR AT LEAST 24 HOURS AFTER SURGERY-

You will be provided with mouth rinse (Perio -guard) to be used for rinsing up to 4x a day for about 1 minute each time. If we give you Oxyfresh gel, place a small amount of gel on a clean q-tip and place on the extraction area. The amount of times per day may vary so Dr. Oyangen and/or his assistant will let you know.

DO NOT SMOKE!

Please stay smoke -free for at least 72 hours after the extraction or you may experience what is called a” dry socket” and can be very painful.

DO NOT EXERCISE AND AVOID ANY HEAVY LIFTING for up to five (5) days after the surgery. Exercise and heavy lifting can raise your blood pressure and will dislodge the blood clot. RELAX! And give your body time to heal.

***DO REFRAIN FROM USING A STRAW, SUCKING AND SPITTING MOTIONS WILL DISRUPT THE BLOOD CLOT ALSO**

***KEEP TO A SOFT FOOD DIET AND KEEP AWAY FROM VERY HOT FOODS/LIQUIDS FOR A FEW DAYS**

***KEEP BRUSHING AND FLOSSING AS NORMAL BUT AVOID THE EXTRACTION SITE . ALSO NO RINSING WITH MOUTHWASH THAT HAS ALCOHOL FOR ABOUT 5 DAYS.**

DISCOMFORT

1. Following most surgical procedures there may or may not be pain depending on your threshold for pain. You may be provided with medication for discomfort that is appropriate for you. In most cases a non-narcotic regimen is sufficient- such as Acetaminophen (Tylenol) 325 mg and Ibuprofen (Advil) 200 mg each dosage . ** Taken together ~ as needed and following Dr Oyangen’s directions ~ will be as effective as a narcotic without the side effects associated with narcotics.* If a narcotic has been prescribed follow the directions carefully. If you have any questions about these medications interacting with other medications that you are presently taking, or have any questions or concerns **please call our office first (518) 399-4696 and for after hours Dr.Oyangen cell # (518) 588-7155**