

**Refrain from spitting, using a straw and smoking for 4-5 days to ensure rapid healing and to avoid complications that could be both harmful and painful to you.**

1. **Bleeding:** To prevent unnecessary bleeding, maintain gentle pressure over the sockets by biting on gauze placed over the surgical site. You have been given a supply of gauze pads. If more are required they are readily available at supermarkets and drugstores. A tea bag, which has been moistened and wrapped in gauze, is also effective. This procedure should be continued for 60 minutes and the gauze should be replaced every 20 minutes. It is not unusual to have some slight oozing for up to 24 hours. Rest today and keep your head elevated. Do not engage in physical activity since it promotes bleeding.
2. **Rinsing and Brushing:** Do not rinse for the first 24 hours since this will contribute to blood clot dislodgment and dry sockets. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz water) twice a day. Starting the night of your surgery, gently brush the areas of the mouth not affected by the extractions. DO NOT SPIT water out of your mouth but instead, let it drool out.
3. **Medications:** Unless you already have your medication, pick it up as soon as possible and take it as directed. Generally, a long lasting local anesthetic is used which may prolong numbness and pain relief for up to 5-6 hours. Please take prescribed pain medication before the numbness wears off to promote a smooth transition.
4. **Eating:** Eat soft, non-spicy and non-hot food for 2-3 days. It is important to get adequate nutrition after the surgery to help the healing process. You may want to start with fruit juices or nutritional supplements (Boost, Ensure) and then progress to a soft diet. Begin chewing foods when you are able to do so without pain.
5. **Ice Packs:** If bone was removed, ice packs should be placed on the sides of your face adjacent to surgery sites to help prevent swelling. To the extent possible, apply for periods of 20 minutes on and 5 minutes off until bed time during the day of the surgery. By 48 hours, swelling should go down. In the event of facial or neck bruising, its resolution can be expedited with frequent heat packs and massage.
6. **Unforeseen Complications:** If you suspect any problems with the normal course of healing, do not hesitate to call immediately. Sometimes patients develop allergies to medications (generalized rash, itching, etc), infection (foul taste, unusual or prolonged swelling), or dry sockets (throbbing pain occurring 3-7 days following procedure). These and other potential problems are treatable if brought to our attention. Please call us in Westerville at (614) 823-8668 or in Hilliard at (614) 777-8668.

- Dr. Phil Chahine, DMD – Dr. Justin Dugas, DDS and Associates