



IMPLANTS & ORAL SURGERY OF CHATTANOOGA

Post-Operative instructions: Extractions

- Change gauze every 45mins-1hour until you see a light pink color. If you experience persistent bleeding, dampen a teabag and place it over the extraction site(s) for 1 hour.
- Take medications as prescribed.
- If you were prescribed an antibiotic, take it as directed.
- Eat a soft, cold diet for the first 24 hours and continue a soft food diet for the next 3-5 days.
- Do **NOT** use a straw for 7 days and avoid vigorous rinsing.
- Use the supplied ice packs for 20 minutes on and 20 minutes off for the first 24 hours. Apply moist heat for the second 24 hours.
- Brush your teeth gently, avoiding extraction/surgical sites.
- Start using Chlorhexidine mouthwash the day after surgery (If you have a denture, do **NOT** let it get on the denture. This mouthwash can cause staining on removable appliances.) If you were not prescribed a mouth rinse, use warm salt water for the next 7 days.
- When using mouthwash/rinse, do **NOT** swish or spit. Instead, turn your head side to side, then let it fall out of your mouth into the sink.
- For lower extractions, you are given a curved syringe to use 7 days after surgery to flush out the sockets. You may use the remainder of your mouth rinse or warm salt water. Continue to flush the sockets until you no longer have food trapped.
- If you have any questions or concerns, please do not hesitate to call or text us at 423-296-8210.