After Hours & Weekend Emergencies

Please call the Fairview University Medical Center switchboard at (612) 273-3000
Ask for the on call Oral and Maxillofacial Surgery Resident to be paged.

It is our desire your recovery is as smooth as possible. These instructions are given to assist you following your surgery, but if you have any questions about your progress, please call the clinic at (612) 625-2495 during office hours.

Oral & Maxillofacial Surgery Clinic
School of Dentistry

Home Care Instructions Following: Tooth Extraction

Clinic Hours
Mon-Fri 8am-4pm
(612) 625-2495

Date: 
Patient name: 
Reason for visit: 
Next visit: 
Medications prescribed:
☐ Ibuprofen ☐ Acetaminophen ☐ Peridex
☐ Other: 
Pharmacy: 
Resident/Provider seen: 
Additional notes:

Other clinic numbers:
Fax: 612-624-2669
**Anesthetics:** The length of time you experience numbness varies depending on the type of anesthetic you have received. While your mouth is numb, be careful not to bite your cheek, lip, or tongue. If your numbness persists past 24 hours, please call the office. Use caution when eating after having local anesthesia: you may traumatize your lip, tongue or cheeks by biting them without realizing it. Also, only eat cold soft foods after local anesthesia to avoid burns without realizing it. Drowsiness may persist for several hours following sedation; this is normal. Do not make any major decisions, operate machinery, or sign any legal documents for 24 hours after having a sedation.

**Bleeding:** Bite FIRMLY on the gauze pad for 30-45 minutes. DO NOT chew on the gauze. Change the pad every 30-45 minutes until the bleeding slows to a light ooze by folding a piece of gauze into a pad thick enough to bite on. Wet the gauze pack lightly with water so that it does not pull the blood clot out of the socket. Place the pad directly on the extraction site. DO NOT lie down until the bleeding has stopped. If the bleeding continues after the above measures, soak a black tea bag then wrap it in gauze, place it firmly in the area of bleeding. Apply an ice bag to the cheek and avoid hot liquids. Blood-streaked saliva may persist for the first several days; this is normal. Light oozing is very normal for 24-48 hours. If bleeding is excessive during the night and you are concerned, please call the On-Call Oral Surgery Resident. If unable to contact the on-call provider, go to Fairview University Hospital. (Remember that a lot of saliva and a little blood can LOOK like a lot of blood).

**Swelling:** Facial swelling is normal following extractions and may get worse over the first 3 days. You can help reduce swelling and pain by applying cold compresses to the face for 20 minutes on and 20 minutes off for the first 24-48 hours. Sit with your head elevated and sleep with 2-3 pillows, or in a recliner. If you bruise easily, you may develop a bruise following oral surgery.

**Pain:** A variable amount of pain follows most extractions and oral surgery procedures. The most effective pain regimen is to alternate ibuprofen and Tylenol for the first three days, and then to take them as needed

Take _____ mg ibuprofen at
3 hours later, take _____ mg acetaminophen
3 hours later, take _____mg ibuprofen
3 hours later, take _____mg acetaminophen (and so on)
Do not exceed 3000mg acetaminophen (Tylenol) from all sources per day

The peak of pain is generally within the first three days. If your pain is increasing after 3 days, you should call the clinic to come in for a re-evaluation.

Remember that it will take time for your body to return to normal. A tooth extraction is the removal of a body part!

**Rinsing/ Oral Hygiene:** DO NOT rinse or spit until the morning after surgery. Wait at least 4 days before using a straw or smoking. These activities may dislodge the blood clot, start bleeding and delay healing. Starting 24 hours out, you may begin gently rinsing with salt water rinses following every meal and snack (1 teaspoon of salt in 8 oz glass of water). Resume brushing your teeth using care in the surgical areas the morning following surgery. Use a soft-bristled brush so that you do not injure the tissues in your mouth. The tongue should be brushed to help eliminate bad breath and the unpleasant taste that is common after an extraction. Remember to rinse gently and avoid using commercial mouthwash or mouth rinse for the first 72 hours during the healing period.

**Diet:** A good diet is essential following surgery. Initially, soft foods high in nutritional value are recommended. Return to a normal diet as soon as possible. Stay with cool or lukewarm foods. Fluid intake following surgery should be increased with emphasis on water and fruit juices. DO NOT suck fluids through a straw. Avoid all carbonated beverages for 72 hours. Avoid any sharp or crunchy foods (popcorn, peanuts, chips) until you are completely healed. Jaw stiffness/difficulty opening fully is normal for 1-2 weeks. If encountered, start using a warm compress 2 days after surgery and massage the jaw muscles to help relax the tension.

**Stitches:** Your doctor will inform you if stitches were placed. They will tell you if you need to return for the stitches to be removed. It is normal for stitches to dissolve within several days and fall out on their own.

**Physical Activity:** Minimize physical activity and avoid strenuous exercise until you are feeling back to normal (at least 3 days)

**Dry socket:** Despite the best of care, a small number of patients develop dry socket. If your pain worsens or you develop pain that radiates to your ear or jaw, or develop a bad taste in your mouth, you may have a dry socket. This typically occurs 3-5 days following surgery. We are happy to see you back to assess your healing.