

## Oral Surgery After-Care Instructions



Some amount of pain, swelling, and bleeding is normal after an extraction. It is common to have pain that is worse on day 2 or 3. You may also ooze blood for a few days after healing. Drink broth, protein shakes, or other liquids that will be easy to swallow for the first 24 hours post-op. **Do not smoke.** Replace damp sterile gauze until the bleeding stops. Apply ice packs every 15 minutes to help with swelling, **do not apply heat.** Most importantly, REST. Limit heavy physical activity until your follow-up.

Alternate taking 3x200mg ibuprofen AND 2x500mg acetaminophen (Tylenol) every 6 hours so you are taking one or the other every 3 hours. Substitute prescription pain medicine for acetaminophen if needed for additional pain relief. \*\*\* If you were prescribed 800mg of ibuprofen, do not take any additional doses of ibuprofen that is listed above. You may take the 2x500mg of Tylenol alternating or together with this dose of ibuprofen. If you were prescribed an antibiotic or oral rinse, use as directed.

### **Day 2-3 after surgery**

Eat soft foods that are easy to rinse out, i.e. scrambled eggs, pudding, yogurt, ice cream, or milkshakes. **Do not use a straw** for drinking fluids, milkshakes, or smoothies. Gently rinse with warm salt water to keep sockets clean (1/2 tsp salt to 1 cup of warm water).

### **Day 4 and beyond**

You may begin to use the Monoject syringe to gently rinse the socket with warm salt water after meals.

Call MINT\* Dental Studio (406-586-5880) if you have an increase in swelling that you are concerned about, difficulty swallowing or breathing, or notice excessive bleeding. **If you are unable to contact Dr. Tanguay or Dr. Hollern please seek emergency care.**

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