



Post-Operative Instructions Following Tooth Extraction

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Important Notes

- Mild tenderness, soreness, swelling, and minor bleeding are normal after an extraction.
- Ibuprofen is usually best for discomfort unless otherwise directed. Tylenol may also be taken safely with Ibuprofen for additional pain relief.
- Minor bleeding or oozing may continue for up to 48 hours.
- Our primary goal is to prevent Dry Socket, a painful condition caused by loss of the blood clot after extraction.
- To reduce the risk of Dry Socket, avoid pressure changes in or around the mouth for the first 4–5 days.

Avoid the following for 4–5 days:

- Spitting
- Swishing or vigorous rinsing
- Gargling
- Drinking through straws
- Smoking or vaping

⚠ Smoking is the #1 cause of Dry Socket. Avoid smoking for at least 5 days after extraction.

Immediately Following Surgery

- Take prescribed pain medication before the numbness wears off if recommended.
- Rest for the remainder of the day and resume normal activities as tolerated.
- Use ice packs on the outside of the face for the first 24 hours:
 - 20 minutes on / 20 minutes off
- After 24 hours, switch to warm compresses if needed for stiffness or swelling.
- Eat soft foods and stay hydrated.

Bleeding

Some bleeding, oozing, or pink saliva is normal after extraction.

To Control Bleeding:

1. **Place gauze over the extraction site**
2. **Bite with firm pressure for 30–45 minutes**
3. **Repeat if needed**

If bleeding continues:

- **Bite gently on a damp black tea bag for 30 minutes**
- **The tannic acid in tea helps blood clot formation**

Call our office if:

- **Your mouth is filling rapidly with blood**
- **Bleeding does not improve after several hours of pressure**
- **You are unable to control bleeding**

⚠ If bleeding becomes severe or you feel unsafe, seek emergency medical attention or call 911.

Swelling

Swelling is common and may increase for 2–3 days after surgery.

To Minimize Swelling:

- **Use ice packs during the first 24 hours**
- **Sleep with your head elevated**
- **Avoid strenuous activity**

Jaw stiffness and mild bruising may also occur and are usually temporary.

Pain Management

Some discomfort is expected after surgery and is usually worst during the first 24–48 hours.

Over-the-Counter Pain Relief

Unless otherwise directed:

- **Ibuprofen (Advil/Motrin): up to 600–800mg every 6–8 hours**
- **Tylenol (Acetaminophen): up to 500–1000mg every 6 hours**

- ⚠ Do not exceed recommended daily dosages.
- ⚠ Do not take medications on an empty stomach.
- ⚠ Always take medications with food.
- ⚠ Do NOT exceed:

- **3200mg Ibuprofen in 24 hours**
- **3000mg Acetaminophen in 24 hours**

If prescribed stronger pain medication:

- **Avoid alcohol**
- **Do not drive or operate machinery**
- **Use only as directed**

Antibiotics

If antibiotics were prescribed:

- **Take them exactly as directed**
- **Finish the full course unless instructed otherwise**

Stop taking the medication and contact our office immediately if you develop:

- **Rash**
- **Difficulty breathing**
- **Severe stomach upset**
- **Any allergic reaction**

Nausea & Vomiting

If nausea occurs:

- **Avoid eating or drinking for 1 hour**
- **Slowly sip water, tea, or juice afterward**
- **Gradually return to soft foods as tolerated**

Sutures

Some extractions may require sutures.

- **Many sutures dissolve on their own**
- **Avoid touching sutures with your fingers or tongue**
- **If a suture loosens or falls out, this is usually not an emergency**

Please contact our office if you have concerns.

Oral Hygiene & Cleaning

- Do not rinse or spit forcefully for the first 4 days
- You may brush gently the day after surgery
- Allow toothpaste and water to fall out naturally instead of spitting
- Do not pick food out of the extraction site

If provided, use the irrigation syringe only after the time instructed by your doctor.

Diet

For the first several days:

Recommended Foods:

- Yogurt
- Smoothies (without straws)
- Mashed potatoes
- Soup (lukewarm)
- Eggs
- Pasta
- Soft rice-free foods

Avoid:

- Hard or crunchy foods
- Hot foods or beverages
- Spicy foods
- Small foods like rice, seeds, or grits that may become trapped in the socket

Dry Socket

A Dry Socket occurs when the protective blood clot is lost too early from the extraction site.

Symptoms May Include:

- Severe throbbing pain beginning 3–5 days after extraction
- Pain radiating to the ear, jaw, or adjacent teeth
- Bad taste or odor from the extraction site

The Best Prevention:

Avoid:

- Smoking
- Straws
- Spitting

- **Swishing**
- **Forceful rinsing**

during the first 4–5 days after surgery.

When to Contact Our Office

Please call or text us if you experience:

- **Severe or worsening pain**
- **Persistent heavy bleeding**
- **Fever over 101°F**
- **Significant swelling after 3 days**
- **Difficulty swallowing or breathing**
- **Signs of allergic reaction**
- **Concerns about healing**



Only for patients who are not allergic to Tylenol or Ibuprofen.

Schedule for Combination Therapy

Time	Tylenol	Motrin/Advil
6 AM	500mg (1 pill)	600 mg (3 pills)
12 PM	500 mg (1 pill)	600mg (3 pills)
6 PM	500mg (1pill)	600mg (3 pills)
12 AM	500 mg (1 pill)	600mg (3 pills)

Alternating Schedule for Combination Therapy

Time	Medication
6 AM	Tylenol 500 mg (1 pill)
9 AM	Ibuprofen 600mg (3 pills)
12 PM	Tylenol 500mg (1 pill)
3 PM	Ibuprofen 600 mg (3 pills)
6 PM	Tylenol 500 mg (1 pill)
9 PM	Ibuprofen 600 mg (3 pills)
12 AM	Tylenol 500 mg (1 pill)