

Post-Operative Instructions for Extractions

- Bite on gauze for 1 hour. Keep fingers and tongue away from surgical area.
- Do not rinse mouth the day of the surgery, although it is permissible to drink liquids immediately.
- Begin rinsing with warm salt water 24 hours after the procedure, particularly after meals. This will expedite the healing process.
- BLEEDING – It is normal for the saliva to be lightly streaked with blood for about a day. If frank bleeding is present fold provided gauze into a firm pad and place directly over surgical site and maintain steady pressure for twenty minutes or longer. Do not spit vigorously.
- SWELLING – Swelling is to be expected in certain cases often reaching its maximum in about forty-eight hours, then disappearing spontaneously in a further two to three days. An ice bag may be applied. However, this is only necessary if it is found to relieve discomfort. There is no need to remain indoors, “avoid drafts” or cover the swelling.
- DIET- Eat only soft, nourishing foods until you can chew without difficulty (eg. Milk cream soups, yogurt, pasta, and eggs)
- DISCOLORATION- Bruising of the skin occasionally occurs and disappears spontaneously in approximately a week. It is of no importance and no treatment is indicated.
- Do not smoke for at least 48 hours after an extraction.
- Sleep with head elevated. Do not bend over or do any activity that causes you to lower your head.
- Do not use straws to drink liquids, as suction may affect the treated area and delay the healing process.
- Take time to rest and relax.
- If an irrigation syringe was provided to you, start using it to flush out surgical site one week following surgery.

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects.

Should you have any concerns, please call Dr. Guorgui at 416-800-8800.