

South Hill Periodontics

ANTHONY G. GIARDINO, D.D.S., M.S. • MICHAEL A. GIARDINO, D.D.S., M.S.D

2700 Southeast Blvd • Suite 210 • Spokane, WA 99223 • Phone 509-536-7032 • Fax 509-536-7002

CARE FOLLOWING EXTRACTION

BLEEDING: Bleeding will be well controlled before you leave the office. However, there may be some bloodstains in your saliva for up to at least 48 hours following surgery. If gauze was placed in your mouth, please keep it there for one hour with gentle pressure. There is no need to reapply gauze unless you continue to have medium to heavy bleeding. (Extra gauze will be sent home with you.) Also, a damp tea bag works well to control bleeding.

SWELLING: An icepack held over the outside of the face near the surgical site in increments of 10 minutes will help reduce swelling (ten minutes on, ten minutes off.) If swelling appears to be increasing beyond the initial 72 hours, please call our office.

SMOKING: Smoking should be eliminated for seven days following the extractions. Smoking irritates the extraction site and slows healing of the tissue.

PHYSICAL ACTIVITY: Minimal activity is advised for the rest of the day.

DIET: Drink plenty of liquids and start out with soft foods. Please do not skip meals, as proper nutrition is essential to healing. Cold or cool foods are best to start with. Milk shakes, puddings, applesauce or yogurts are good examples. Avoid hot foods, carbonated beverages or alcohol for the first 24 hours. **Do not use a straw for drinking.**

ORAL HYGIENE: You can start brushing and flossing your teeth, but you will need to avoid the extraction area for one week. Do not probe the extraction site. If you feel you have any food particles in the extraction use a warm water rinse to gently remove it.

PAIN: Some pain or discomfort is to be expected following any surgery. Start by taking 600mg of Ibuprofen (Motrin, Advil, etc.) along with 1000mg Acetaminophen (Tylenol) at the same time every 6 hours. You may have been prescribed pain pills that are to be used for “break through” pain if needed. Take medications with food. **Do not operate a vehicle or machinery while on prescription pain medication.**

ANTIBIOTICS: It is not always necessary to take antibiotics when you have an extraction. However, if you have been given a prescription for an antibiotic, have it filled and take all of the medication according to the instructions on the label. If you should develop diarrhea, nausea, or a skin rash, stop the medication and call our office.

If you have any questions concerning your progress, please do not hesitate to call. We can be reached by calling **(509) 536-7032**.