

POST EXTRACTION INSTRUCTIONS

These instructions apply to the surgical procedure you just completed. They are designed to instruct you in actions that will minimize discomfort *and* inform you of situations that may possibly require special attention.

- **Bite with firm, steady pressure on the gauze packs provided by the office for a period of approximately 30 minutes. DO NOT CHEW THE PACK. Remove the packs at the end of this time. If there is continued bleeding, place new gauze and repeat biting with pressure. This should be continued until the bleeding has stopped.**
- **Mild bleeding following surgery is a normal event. If profuse bleeding is still occurring 3 to 4 hours after surgery, CALL THE OFFICE.**
- **NO RINSING OR SWISHING FOR 10 DAYS. Any rinsing could dislodge the blood clot that is forming and delay healing. Also, DO NOT DRINK THROUGH A STRAW OR SMOKE. This also could dislodge the blood clot and delay healing.**
- **Do not try to eat solid foods until the local anesthetic wears off. You can unknowingly bite yourself. A soft diet will be more comfortable. Avoid chewing in the area of the extraction.**
- **It's best to drink liquids immediately and especially before taking any pain medication. This will help to prevent nausea.**
- **The pain medication prescribed should be taken as directed. Everyone's tolerance for pain is different. Therefore, if more pain medication is needed, please call the office.**
- **Avoid driving if you are taking prescription pain medication.**
- **Smoking and alcoholic beverages retard healing. Try not to indulge in either.**
- **An ice pack applied to the outside of the face will reduce swelling. 20 minutes on; 20 minutes off. Continue for 48 hours.**
- **Swelling is possible for 48 hours after surgery and then decreases gradually. If pain or swelling *increases* after 2 days, it is abnormal and you should call our office immediately.**
- **We sometimes use sutures that need to be removed. If so, they will be removed in 2 weeks.**
- **Please feel free to call the office; we are here to help! If you need the doctor's assistance after hours, call Dr. Wendt on his cell phone (813-294-2815).**

Emergency Contact after Hours- Dr. Wendt's Cell (813) 294-2815