

Before and After Surgery

- Fill any prescribed medications before your appointment.
- If prescribed **antibiotics**, start them **1 day before** the procedure (if instructed).
- For pain, you may be advised to take **600 mg ibuprofen (Advil)** together with **2 Extra Strength Tylenol**, following your dentist's instructions and the medication labels.

Bleeding

- Light bleeding or oozing for **1–2 days** is normal.
- Use gauze **only if bleeding is heavy**.
- Avoid changing gauze frequently, as this can increase bleeding.
- **Do not sleep with gauze in your mouth.**

For the first 24 hours:

- Do **not** rinse your mouth
- Do **not** brush near the extraction site.
- Do **not** smoke, spit forcefully, or drink alcohol.

After 24 hours:

- Rinse gently **3 times a day** with:
 - 1 glass of warm water mixed with 1 tsp warm salt
- Continue for **at least 1 week**.
- If you were given a syringe, gently flush lower extraction sockets with salt water.
- Brush and floss normally, being careful around the extraction sites.
- Avoid smoking for at least **3 days**, as it increases the risk of infection and dry socket.

Other important information

- Most stitches are **dissolvable** and do not need to be removed.
- Swelling, bruising, and jaw stiffness are common.
- Swelling usually peaks around **day 3** after surgery (this is when you might feel your worst).
- Apply an ice pack to your jaw: **20 minutes on, 20 minutes off** (during the **first 24 hours**).
- Difficulty opening your mouth is common, especially after wisdom tooth removal.
- After **24 hours**, use: Warm, moist heat on the jaw with gentle jaw stretching exercises.

Diet

- Eat **soft, lukewarm foods** for several days.
- Avoid foods with **small seeds or crunchy pieces** that can get stuck in the extraction site.
- Drink **plenty of fluids** for the first **3 days**.
- Avoid using straws unless your dentist says they're okay, as suction can increase the risk of dry socket.

Dentures

- If instructed, keep dentures in place for **3 days**, removing them only to clean your mouth and the dentures.
- Brush dentures daily with a soft toothbrush.

Contact our Promptly if you have:

- Heavy bleeding that doesn't slow down with pressure.
- Increasing swelling after 3–4 days instead of improvement.
- Fever, pus, or worsening pain.
- Severe pain beginning a few days after the extraction (which may indicate a dry socket).
- Difficulty swallowing or breathing.

Please call if you have any concerns: *Office:* 250-372-7177 *After Hours:* 250-574-6154