



*Ayham Yacoub, DMD*  
*2123 N. 1<sup>ST</sup> Avenue, Suite A2*  
*Whitehall, PA 18052*  
*P: (610) 266-1101 F: (610) 266-1170*

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## **Post Operative Instructions Following Tooth Extraction**

When the dentist performs an extraction, healing process after an extraction must be as comfortable as possible.

The removal of teeth is a surgical procedure, and post-operative care is imperative.

The patient has to follow all instructions carefully to avoid any unnecessary pain and possible infection.

### **Immediately Following Dental Extraction the instructions are:**

1. Place gauze pad over the surgical area with slight pressure by biting down to stop bleeding.
2. Use the prescribed analgesics (Pain Killers) once the pain starts to raise up.
3. Do not suck on a straw, spit, or smoke.
4. Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
5. Place ice packs on the side of your face where surgery was performed.
6. For mild discomfort, use Ibuprofen (Advil, Motrin). DO NOT take more than 800mg every six hours.
7. Vigorous mouth rinsing or touching the affected area following surgery should be avoided. This may initiate bleeding caused by dislodging the blood clot that has formed.
8. Do not rinse your mouth for the first post-operative day or while there is bleeding.
9. After the first day, use a warm salt water rinse every 4 hours and after meals to flush out particles of food and debris that may lodge in the area.
10. Restrict your diet to liquids and soft foods which are comfortable for you to eat.
- 11- Start brushing teeth from next day, gently in the area of extraction and normally in the rest.