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### How long will I be numb?

Lips, teeth, cheek and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

### How long will I bleed for?

Biting on a moistened gauze until the bleeding subsides is the best way to control the bleeding. Change the gauze as it becomes saturated with new moistened gauze. If the bleeding persists after 2-3 hours, keep your head elevated and sit upright. You may try 'home remedies' such as a moistened tea bag placed on the site for 30 minutes to help control bleeding. Overnight it is normal for some blood to 'ooze' from the area of the surgery. \* If you notice excessive bleeding call the office or go to the nearest emergency room.

### Will I have swelling or bruising?

You may experience some bruising in the area of the surgery. In some people, this is a normal response and will resolve within 7-14 days after surgery. Swelling is best controlled by the immediate application of ice packs for the first 24 hours following surgery. Ice packs should be applied to the outside of the face in intervals of 20 minutes on and 20 minutes off.

### Why can't I open my mouth?

Jaw muscle stiffness with some limited opening of your mouth may occur after removal of teeth. This is a normal response and may take several weeks to improve. Using warm moistened towels on your face 24 hours after surgery may improve the stiffness.

### What should I do about a fever?

There may be a slight elevation of temperature for the first 24-48 hours after surgery. If a fever is present, it is extremely important to drink plenty of fluids. Please call the office if there is a concern.

### Can I eat or drink after my extraction?

Drinking plenty of fluids is essential. Do not suck through a straw as this will promote bleeding. Eating soft nutritious foods is encouraged as soon as the bleeding has stopped and for the first few days after surgery.

### Do I brush my teeth?

For the first 24 hours, do not brush or rinse your teeth as this may disrupt healing. After 24 hours, gentle brushing with a soft toothbrush is encouraged, but avoid the extraction site. Avoid brushing sutures, if placed. You may use a warm saltwater rinse (1/2 tsp mixed with 8 oz warm water) 3-4 times per day after the first 24 hours to help soothe the discomfort. Do not spit for 48 hours after surgery.

### Can I smoke?

Do not smoke for at least 48 hours after surgery. Smoking adversely affects oral hygiene and contributes to 'dry socket'. Spitting and rinsing too early after surgery may also contribute to this painful condition.

### May I exercise?

Please refrain from strenuous activity until 48 hours after surgery as this will promote bleeding and interfere with the healing process.

### Which medications should I take?

You may be prescribed medications. Take them as directed to help control the discomfort. To avoid nausea, do not take pain medications on an empty stomach. Please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.

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If you have questions or concerns, please call the office so we may address them on a case-by-case basis.

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