

Post-Operative Instructions for Dental Extractions

Innova Oral Surgery

Removing a tooth (extraction) is sometimes necessary to maintain overall oral health. Proper aftercare is critical to ensure a smooth recovery and to minimize the risk of complications. Please follow the instructions below carefully.

Rest and Activity



Take It Easy

- ▶ Rest at home for the remainder of the day after your extraction. Avoid strenuous activities—such as heavy lifting or vigorous exercise—for at least 2–3 days to allow the extraction site to stabilize.



Gradual Resumption

- ▶ Most people can resume normal, non-physical activities the next day. Listen to your body and follow any personalized advice from your Innova team.

Bleeding



Initial Gauze

- ▶ Keep the gauze in place over the extraction site for about **30–60 minutes** immediately after your procedure. Replace it as needed until bleeding subsides, typically within a few hours.



Normal Oozing

- ▶ Slight bleeding or pink-tinged saliva for up to 24 hours is normal. If you notice heavier bleeding:
 - Gently remove any clots in your mouth by rinsing lightly or wiping them away.
 - Place a fresh piece of **moistened** gauze directly over the extraction site.
 - Apply firm pressure for 30 minutes.



Tea Bag Method

- ▶ A moistened tea bag (black tea) can also be used for 30 minutes if bleeding is persistent. The tannic acid helps the blood clot.



When to Call

- ▶ If bleeding is uncontrolled despite these measures, contact **Innova** right away.

Pain and Discomfort



Medications

- ▶ Take any prescribed pain relievers or over-the-counter medications (ibuprofen, acetaminophen) as directed. Begin pain control before the numbness wears off for best results.



Ice Packs

- ▶ If swelling or discomfort is anticipated around the cheeks or jaw, apply ice packs in **20-minute intervals** (on and off) for the first 24–48 hours to minimize swelling and ease pain.

Oral Hygiene



First 24 Hours

- ▶ Avoid vigorous rinsing, spitting, or using a straw, as these actions can disturb the blood clot.
- ▶ Brush your other teeth gently, steering clear of the extraction site.



After 24 Hours

- ▶ Begin gentle saltwater rinses (½ teaspoon of salt in 8 oz. of warm water) **2–3 times a day**, especially after meals. Let the water fall out of your mouth rather than spitting forcefully.
- ▶ If prescribed, you can begin to use the antibiotic mouth rinse.
- ▶ Continue your normal brushing routine but be gentle near the extraction site for at least a few days.

Diet and Hydration



First Day

- ▶ Stick to soft, cool foods (e.g., yogurt, applesauce, smoothies without a straw, mashed potatoes) and avoid very hot or spicy foods that may irritate the site.



Stay Hydrated

- ▶ Drink plenty of water (5–6 glasses a day) to support healing and reduce the risk of nausea.



Longer-Term Precautions

- ▶ Avoid crunchy, hard, or sharp foods that could interfere with the blood clot for at least a week. Chew on the opposite side of the extraction site when possible.



Smoking and Alcohol



No Smoking

- ▶ Smoking greatly slows healing and increases the risk of complications (like dry socket). Refrain from smoking for at least **1–2 weeks**—longer if possible.



Avoid Alcohol

- ▶ Alcohol can also disrupt healing and may interact with pain medications. Steer clear of alcohol for at least **24–48 hours**.

Possible Side Effects



Swelling and Bruising

- ▶ Slight swelling and occasional bruising are normal. They may peak around **2–3 days** post-extraction and gradually subside.



Dry Socket

- ▶ If you experience a sudden increase in pain several days after extraction accompanied by a foul taste or odor, then you may be experiencing a dry socket. This is a delayed response to healing (not an infection) that will require prolonged over the counter pain medication. Feel free to reach out to the Innova team for assistance with your recovery.

Follow-Up and When to Call



Routine Check

- ▶ Post-operative calls will be completed following your appointment and in-office visits can be scheduled at your convenience.



Contact Innova If You Experience

- ▶ Severe or persistent pain not managed by medications
- ▶ Uncontrolled bleeding beyond the first 24–48 hours
- ▶ High fever (over 101.2°F) or signs of infection (foul odor, pus, or swelling that worsens)
- ▶ Any other unusual symptoms or concerns about your healing process

We're Here to Help

Following these guidelines will help ensure a successful recovery from your dental extraction. If you have any questions or concerns, please contact Innova. Your comfort and well-being are our top priorities, and we appreciate the trust you've placed in us for your oral health care.



149 Scranton Connector, Brunswick, Georgia



(912) 266-8100