

Tooth Extraction Surgery Post-Operative Instructions

Proper care after your procedure is essential for healing, comfort, and long-term success. Some swelling, discomfort, and minor bleeding are normal. Please read these instructions carefully and follow them as closely as possible.

If you have any questions at any point, don't hesitate to reach out.

1. DISCOMFORT & MEDICATIONS:

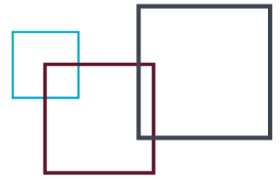
- Some discomfort is normal after surgery and varies based on the procedure and individual response.
- If discomfort or swelling increases after day 4, contact the office, as this could indicate infection.
- **Pain medication options:**
 - Option 1: Take 600mg Ibuprofen with 500mg Tylenol every 6 hours as needed.
 - OR**
 - Option 2: Take 600mg Ibuprofen with 1 tablet of Tylenol #3 every 6 hours as needed.
 - Tylenol 3 is a medication that is a combination of Tylenol (Acetaminophen) and Codeine. If you cannot take codeine or abstain from taking narcotic medications for any reason, please do not take Tylenol 3. Regular 500mg Tylenol is an acceptable substitution (option 1).
 - If taking narcotics:
 - Take with food.
 - Do not drive or consume alcohol.
- Contact the office if you experience: rash, itching, dizziness, difficulty breathing, fever, or diarrhea.
- If antibiotics are prescribed, please take as directed and as written on the label, unless instructed otherwise.
 - Consider taking probiotics (e.g., StellaLife Healthy Mouth and Gut) to prevent gastrointestinal issues.
- *Common Question:*
 - Can I take my regular medications?
 - Yes, unless you were specifically instructed to make changes to your regular medication dosing.

2. SWELLING:

- Swelling and bruising are common and may occur after surgery.
- Swelling should begin to subside after 3–4 days.
 - After 48 hours, you may use moist heat if needed.
 - If swelling worsens after day 4, contact our office.
- Keep your head elevated above your heart for the first 24 hours (use extra pillows while sleeping).
- An ice pack should be used to minimize swelling. Place the ice pack in contact with the skin, 20 minutes on, 5 minutes off, for the first 24-48 hours after surgery.
- Throughout the day, fill a cup with ice and water, take sips of the cold water and hold it in your mouth, then gently spit or swallow the water. This helps apply cold directly to the surgical site.

3. BLEEDING:

- Mild bleeding or oozing is normal for the first 24–48 hours.
- Avoid anything that could dislodge the clot:
 - No forceful spitting, rinsing, drinking through a straw, or blowing your nose.
- If you notice large blood clots or a steady flow of blood (beyond minor oozing), contact the office immediately.
- *Common Questions:*
 - How much bleeding is normal?
 - Light oozing or pink saliva is normal; heavy bleeding is not
 - What should I do if it keeps bleeding?
 - Apply moist gauze or a tea bag with firm, direct pressure to the area for 30-45 minutes at a time (tannic acid in tea helps with clotting) and stay upright. If the bleeding continues, call the office.



4. SUTURES:

- Sutures (stitches) help stabilize the tissue for proper healing.
- Sutures may be dissolvable or require removal at your follow-up visit.
 - We will inform you if and when they need to be removed.
- Do not pull or play with sutures using your tongue, fingers, or toothbrush.
- Do not attempt to remove your sutures; if they are loose/irritating, please call the office.

5. DRESSING:

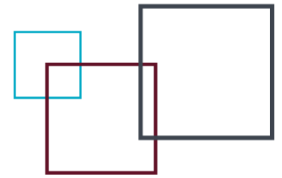
- A periodontal dressing may be applied over the surgical site for protection.
- If small pieces fall off and there is no discomfort or significant bleeding, this is not a concern.
- Avoid disturbing the area with your tongue or toothbrush

6. GRAFTING:

- Your doctor may have recommended a bone grafting procedure with your extraction. This helps prepare the site for a future dental implant.
- Bone graft material and a membrane (protective covering over the graft) are held in place with sutures.
 - Some membranes are dissolvable and will break down on their own over time. Others are non-dissolvable and will be removed by your doctor after sufficient healing.
 - Your doctor will inform you what type of membrane you have.
 - If the sutures or membrane fall out or become loose before your follow-up appointment, please call the office.

7. ORAL HYGIENE:

- Do not brush or floss the extraction site during the first week.
 - Only brush and floss the teeth not involved in the surgery or covered by dressing.
- Do not use over-the-counter mouthwashes.
- Rinse with the prescribed mouthwash as directed:
 - If using StellaLife, follow the instructions on the package.
 - If prescribed chlorhexidine rinse, start using it the evening after surgery:
 - Rinse gently, holding the solution in your mouth for 1 minute, then spit.
 - Use twice daily (morning and night) for 1 week.
 - Avoid vigorous swishing
- *Common Questions:*
 - What toothpaste should I use?
 - Use a gentle, non-whitening toothpaste. Avoid whitening, tartar-control, or charcoal toothpastes, as they can be too abrasive and may irritate healing tissue.
 - Can I use an electric toothbrush?
 - Yes, but not on the extraction site. You can use it on the rest of your teeth. Avoid using an electric toothbrush directly over the surgical area for about 2–4 weeks, or until we confirm healing is progressing well.
 - When can I start brushing the extraction site?
 - We'll let you know at your follow-up appointment when it's safe to begin. This is typically after your sutures are removed and healing is progressing well.



8. DIET:

- Eat a soft diet high in protein and nutrients (e.g., eggs, yogurt, soup, bananas, fish, protein shakes).
 - A full list of recommended foods is on the last page.
- On the day of surgery, avoid hot food and drinks. We suggest choosing cool, soft foods such as smoothies or ice cream during this time, as they can feel soothing and help keep inflammation down.
 - Wait until the numbness wears off to eat, as you can unknowingly damage the site.
- Avoid hard, sticky, crunchy, spicy, or “sharp” foods (such as chips, nuts, toasted bread, gummy candies, fibrous meats, raw vegetables), and any foods with small particles (sesame or poppy seeds).
- Avoid chewing on the surgical site until healed.
- Drink plenty of liquids, but don’t use a straw! Use a spoon if drinking a smoothie or milkshake.
- It is important to maintain a diet with a normal calorie level and high in protein, minerals, and vitamins to support postoperative healing. Post-surgically is not the time to start a diet. This can have detrimental effects on healing and lessen the chances of success of the surgical therapy.

9. PHYSICAL ACTIVITY:

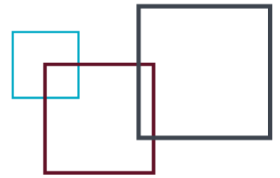
- Most patients can return to light daily activities the same day, such as working at a desk, walking, or running errands. However, it’s important to give your body time to heal. For the first 48 to 72 hours, you should avoid:
 - Strenuous exercise or heavy lifting
 - High-intensity workouts
 - Bending over frequently
 - Activities that significantly raise your heart rate or blood pressure
- These types of activities can increase bleeding, swelling, and discomfort at the extraction site.
- If your job is physically demanding or your extraction was more complex, you may need a few extra days of rest. We’ll give you personalized guidance based on your procedure. A good rule of thumb is to listen to your body. If throbbing, bleeding, or increased swelling occurs when you become more active, slow down and allow more time for healing.

10. SMOKING / ALCOHOL:

- Do not smoke in any form, including cigarettes, vaping, marijuana, or any other substances, until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Nicotine reduces blood flow and oxygen delivery to tissues, and marijuana and other substances negatively impact healing.
- All intake of alcohol should be stopped until 2 days after you have finished taking all medications related to this procedure. The combination of alcohol and certain medications is not recommended.

11. IMPORTANT ‘DO NOT’S’:

- After we remove the tooth, a blood clot forms. If the clot comes loose (or does not develop at all), you will get a dry socket. Signs of a dry socket: increased pain several days after extraction and bad taste or odor.
 - If you notice these symptoms, contact our office right away.
- To help prevent this, here is a list of things you should avoid:
 - Vigorous rinsing or spitting
 - Using a straw or sucking on anything (such as candy)
 - Pulling your lips or cheeks to look at the surgical site
 - Touching the site with fingers or tongue
 - Smoking, vaping, or drinking alcohol
 - Strenuous exercise or heavy lifting
 - Eating any hard, crunchy, sticky, or spicy foods



CONTACT INFORMATION

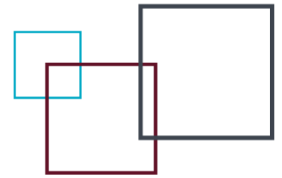
If you have questions during business hours, call the office at 202-393-6154.

For urgent concerns after hours—such as excessive bleeding, persistent pain, fever, or medication reactions—contact:

Dr. Raha Yousefi: (301) 537-3995

Dr. Lucy Johnson: (585) 280-0054

FOR MEDICAL EMERGENCY CALL 911



DIETARY GUIDELINES

First 1–3 Days After Surgery:

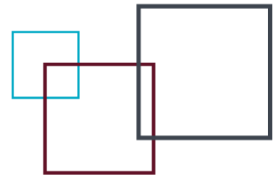
<p>✔ What You CAN Eat:</p> <p>Stick to <u>soft, cool, and non-irritating</u> foods:</p> <ul style="list-style-type: none"> • Ice cream or sorbet (no nuts or chewy mix-ins) • Smoothies (no seeds or chunks) • Applesauce • Mashed potatoes • Scrambled eggs • Yogurt (plain or without fruit chunks) • Protein shakes • Broths and blended soups (lukewarm or cold) <p>Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.</p>	<p>⊘ What to AVOID:</p> <ul style="list-style-type: none"> • Hot or spicy foods and drinks • Crunchy snacks (chips, pretzels, popcorn) • Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds) • Sticky foods (caramels, gummy candy, chewing gum) • Alcohol • Drinking through a straw • Acidic foods and drinks (like citrus, tomato sauce, vinegar)
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4-7 Days After Surgery:

<p>✔ What You CAN Eat:</p> <p>You may begin to slowly incorporate more variety while keeping food soft:</p> <ul style="list-style-type: none"> • Soft pasta • Cooked, soft vegetables (squash, zucchini, potatoes) • Soft fruits (bananas, canned fruits, avocado) • Tender cooked meats (shredded chicken, ground turkey, ground beef) • Soft fish (white fish or salmon) • Pancakes • Cottage cheese or soft cheeses • Soft bread (no crusty edges) and muffins 	<p>⊘ What to AVOID:</p> <ul style="list-style-type: none"> • Tough meats or chewy foods (steak, jerky, bagels) • Raw vegetables or tough fruits (carrots, celery, apples, carrots) • Crunchy foods (nuts, granola, toast) • Sharp or pointy foods (tortilla chips, crackers) • Acidic, spicy, or heavily seasoned dishes • Drinking through a straw
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1-4 Weeks After Surgery:

<p>✔ Recommended Foods:</p> <p>As healing progresses, you can slowly return to a more normal diet, while continuing to be cautious and still avoiding anything too hard or sharp:</p> <ul style="list-style-type: none"> • Most cooked vegetables and fruits • Soft grains and pasta • Lean meats and poultry • Eggs, tofu, beans • Soft sandwiches (no crusty bread) • Soft snacks like muffins or banana bread 	<p>⊘ Avoid These Foods Until Fully Healed:</p> <ul style="list-style-type: none"> • Hard, crunchy snacks (chips, raw nuts, pretzels) • Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds) • Hard crusts or chewy breads • Tough cuts of meat or chewy protein bars • Popcorn and seeds • Sticky candies or gum
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✔ Recommended Soft Foods:

Protein-rich options:

- Scrambled or soft-boiled eggs
- Greek yogurt (plain or low-sugar)
- Cottage cheese
- Soft tofu
- Smooth nut butters (like almond or peanut butter—without chunks)
- Protein shakes or smoothies (no straws—use a spoon or drink from a cup)

Fruits & vegetables (cooked, blended, or mashed):

- Mashed bananas or avocado
- Applesauce (unsweetened preferred)
- Mashed potatoes or sweet potatoes
- Cooked carrots, squash, or zucchini (soft and well-cooked)
- Vegetable purees or soups (lukewarm)

Grains & starches:

- Oatmeal or cream of wheat
- Well-cooked pasta (small shapes or mashed)
- Soft white rice or congee
- Pancakes or soft bread (no crusts, avoid toasted or seedy varieties)

Other:

- Broths and blended soups (lukewarm, not hot)
- Gelatin (Jell-O)
- Pudding or custard
- Ice cream or sorbet (not too cold or with chunks)

⊘ NOs:

- Straws
- Alcohol
- Smoking
- Chewing on the surgical side
- Anything crunchy, sticky, or hard (e.g., chips, nuts, popcorn, crusty bread)
- Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds, rice)
- Foods that are hot in temperature
- Acidic, spicy, or highly seasoned dishes