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## **Tooth Extraction Home Care Instructions**

### **1. DO NOT RINSE.**

Do not rinse, spit, smoke, use a straw, or brush your teeth for 24 hours. After 24 hours rinse with warm salt water (1/2 teaspoon table salt in 8oz of warm water) after each meal for the next 5 days. **DO NOT RINSE VIGOROUSLY**, as this may initiate bleeding at the site of surgery.

### **2. Bleeding Control:**

Leave the gauze in place for approximately 30 minutes and replace as needed. It will take 3 - 6 hours for the bleeding to stop. A small amount of oozing is normal during the first day. If bleeding is excessive, place a roll of clean, moistened gauze over the site and keep firm pressure for 30 minutes. Elevate your head on two pillows or sit in a semi-reclined position the first evening.

### **3. Pain and Infection Control:**

Take all medications as prescribed. If you have any type of unusual reaction, please call the emergency number listed above. Take your first pain medication **BEFORE** the numbness wears off completely (approx. 2 hours after surgery). Then take the medication as needed. Usually, 600 mg Ibuprofen or Tylenol will relieve most surgical soreness the following day.

**DO NOT DRIVE OR OPERATE MACHINERY IF TAKING PRESCRIPTION PAIN MEDICATIONS.**

### **4. Swelling Control:**

Apply an ice pack to your jaw on the side of surgery. Rotate sides if surgery was done on both sides of your mouth. 15 minutes each side.

**SWELLING TAKES 2 - 3 DAYS TO PEAK.** Don't be alarmed if your jaw is puffy 2 - 3 days after oral surgery. Ice is only good for the first 24 hours. Apply moist heat to your face the day after surgery. Heat will increase your comfort and decrease swelling.

### **5. Diet:**

A soft diet is recommended the first day. Avoid chewing while your mouth is numb. Stiffness of your jaw is normal after surgery. It will take 3 - 5 days for most stiffness to resolve, so try a soft diet the first few days and increase your chewing as the stiffness improves.

### **6. Oral Hygiene:**

The day after surgery, start salt water rinses after each meal if possible. You may brush your teeth gently near the surgery site and can brush the other areas normally. A clean mouth heals faster.

### **7. Smoking:**

Avoid smoking for a minimum of two days and preferably for the entire healing period. If pain or unusual symptoms appear three to four days after surgery, you may be developing a dry socket. Please call the office if you feel that this is occurring.

### **8. Rest:**

Avoid excess exercise or heavy lifting for at least 1 - 2 days. Drink plenty of fluids and rest as needed.

### **9. Sutures:**

If sutures were used, the ones placed are dissolvable and will come out on their own.

### **10. Nausea:**

Nausea is rare after oral surgery. If you had an empty stomach before surgery, please try to drink something within the first few hours to prevent nausea from the medications or blood in your stomach. Carbonated drinks (Sprite, Coke, or Ginger-Ale) can help alleviate nausea.

**After hours and weekends, please call 714-835-7771**



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## **ADDITIONAL INSTRUCTIONS FOR CONTROL OF BLEEDING**

If the routine instructions do not solve the bleeding problem, then have a **friend or relative** read and comply with the following instructions.

- ITEMS NEEDED:
1. Tea bag with tannic acid in it (any black tea)
  2. Gauze
  3. Ice pack
  4. Spoon

Have the patient rinse with warm water to remove blood from mouth. Take a spoon handle and retract cheek to examine the mouth and determine as precisely as possible the area or areas of bleeding. Once this is determined, make gauze pack approximately the size of your thumb. Have the patient rinse mouth again and empty. Then take the pack and place directly over the area or areas of bleeding. If this is in the third molar (wisdom tooth) area, get as much of the pack behind the teeth as possible by using firm and persistent pressure with the spoon handle. The area will probably be somewhat sore and the patient will resist your efforts to properly place the pack. However, it is necessary to place the pack directly over bleeding area to be effective.

If bleeding persists in spite of these instructions, wet a tea bag with warm water, wrap in a piece of gauze and place over the area of bleeding. Have the patient sit still with the head and shoulders elevated and an ice pack applied to the outside of the face. Bite on the tea bag for 15-20 minutes and repeat 3 times.

It has been learned that this technique, when carried out by a person other than the patient, will result in the control of the bleeding in almost all instances. If the bleeding persists in spite of your best efforts, please call the office.

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