

***Braden C. Seamons, D.D.S.***

151 Hekili St., Ste. 250 Kailua, Hawaii 96734  
615 Piikoi St., Ste. 501 Honolulu, Hawaii 96814

**POST-EXTRACTION CARE INSTRUCTIONS**

1) **CONTROL BLEEDING-**

**Direct pressure.** Gauze pads are placed over the extraction sites after the procedure and are left in place with moderate biting pressure for one hour. Continue to replace the pads every two hours *if the bleeding persists*. Remember to wet the pads with water before placing on sites, this prevents them from sticking on the areas.

**DO NOT Disrupt Scab Formation:** Try not to disturb the wound with your tongue, suction behavior, or spitting. Do not remove the gauze pads with your tongue. Avoid sucking on a straw or cigarettes (for one week). It takes 48 hours for a scab to form; all the behaviors listed above disrupt its formation. If the scab does not attach, then the area becomes painful and takes longer to heal.

**ICE:** Wrap ice chips or cubes in a clean towel and apply to the outside of your face near the extraction sites, hold there for twenty (20) minutes. After 24 hours, do not place ice on your face, it has reverse effects and makes the area more swollen. If you find the ice uncomfortable, place a sponge in a plastic bag and seal tight. Put the bag in the freezer. After the sponge has frozen, apply the bag to your cheek. As the sponge thaws, the water will remain in the sealed bag.

2) **PRESCRIPTION MEDICATIONS-**

**PAIN MEDICATION:** Be sure to follow the given instructions. If he has written you a prescription, please remember to fill the prescribed order at a pharmacy and take as directed. Pain medications have many side effects; dizziness, upset stomach, sleepiness, and headache. Do not drive a vehicle while on pain medications, it is dangerous and may be a crime. The main side effects are nausea and vomiting. Drink a thick liquid to coat your stomach, if symptoms persist cut the dosage in half or discontinue medication. A true allergy is red bumps, itching, hives or swelling in the throat region. If any of these symptoms occur discontinue the medication. This can become an emergency 911 situation.

**ANTIBIOTICS:** Follow the directions, it is important to take the medication at the right time interval and complete all the medication. These drugs kill good and bad bacteria, so it is also important to supplement your diet, with either yogurt, milk with acidophilus and bifidum, or probiotic capsules.

3) **DIET-**

Depends on the type of surgery, if you had more than two teeth removed then use a soft diet. Drink only non-carbonated, non-alcoholic liquids and avoid things that are too hot or too cold. Placing healthy foods in a blender is a good form of nutrition. Less chewing during the first 36 hours will help the healing process. As the days progress, your diet should move into more solid foods and increased chewing.

4) **HYGIENE-**

Leave the extraction site alone for 24 hours, and then use salt-water rinses to clean them. Carefully rinse your mouth using ½ teaspoon of salt to one glass of warm water. Repeat process as often as possible (every two hours) and especially after meals. During this same time period, start brushing the teeth near the extraction sites.

5) **FOLLOW UP CARE-**

**SUTURE REMOVAL:** There are two types of stitches, one that dissolves in the mouth and another that has to be removed. The doctor will schedule a follow-up appointment to remove the non-resorbable stitches. Two days after the surgery apply warm compresses, massage the area, and exercise until the sites feels normal. Exercise by opening and closing the jaw slowly rotating in circular directions (clockwise and counter clockwise). Maintain a good diet and keep the area clean.

**IF EXCESSIVE BLEEDING, PAIN OR SWELLING OCCURS, PLEASE CALL THE OFFICE**