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Smile & Implant
⇒ Center of Rockland ⇒

**317 S. MIDDLETOWN RD.
NANUET, NY 10954**

www.smilecenter.org



**Extraction
Post-op
Instructions**

Tel: 845.624.2303

[www. Smilecenter.org](http://www.Smilecenter.org)

SMILE & IMPLANT CENTER



GENERAL INSTRUCTIONS

- **DO NOT** rinse, drink through a straw, or spit for at least 24 hours after the surgery
- **DO NOT** exercise, bending or do heavy lifting for 3 to 5 days after the surgery.
- **DO NOT** smoke for 72 hours!
- **DO NOT** do air travel for two weeks.

WHAT TO EXPECT

FOLLOWING ANY SURGERY:

BLEEDING

To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 20 to 30 minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours apply a gauze soaked in strong tea and repeat the above steps until the bleeding stops. Exercising and heavy lifting will raise your blood pressure and will dislodge the blood clot and bleeding will resume. *Avoid exercising for three to five days following the surgery.*

SWELLING

To prevent and/or minimize swelling **apply ice packs at 15-minute (on & off)** intervals to the surgical area. After 72 hours apply warm compresses to the area to relieve swelling. Swelling is a natural part of the healing process and can be expected for 3 days to several weeks depending on the nature and the extent of the surgery.

DISCOMFORT

Following most surgical procedures there may or may not be pain, depending on your threshold for pain. You will be provided with medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of *Acetaminophen* (Tylenol) and *Ibuprofen* (Advil). These two medications, taken together, will be as effective as a narcotic without any of the side affects associated with narcotics. If a narcotic has been prescribed, follow the directions carefully. If you have any questions about these medications interacting with other medications you are presently taking, [please call our office, your physician and/or pharmacist.](#)

DIET

Try to eat on the side opposite the surgery. **AVOID** foods that are hard, hot, spicy, salty, popcorn, peanuts, seeds, rice, crusty bread, pretzels and any food that may get caught between your teeth. Dilute citrus juices with an equal amount of water.

GOOD FOODS:

Fish, soup, chopped meat, Jell-O, baby food, malteds, mashed potatoes, instant breakfast, non dairy custard, pasta and eggs. If you have been given Tetracycline, Doxycycline, or Minocycline, limit cheese and all dairy products.

WHEN SHOULD YOU NOTIFY THE DOCTOR

1. If profuse bleeding continues after 3-4 hours of applied pressure.
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain and/or swelling increases after the third day.
4. If an oral bandage becomes dislodged prior to the third day.
5. If you have an allergic reaction to medications such as:
 - skin rash
 - hives
 - elevated temperature
 - increased and/or erratic heart rate
 - nausea/vomiting
 - dizziness/fainting
 - blurred vision

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