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### **Post-Extraction Instructions**

Moderate discomfort and swelling occur with oral surgery procedures. The symptoms begin within the first twelve hours following the surgery, and start to decrease after forty eight hours. The amount of discomfort and swelling is unpredictable. It is important to take care of your surgery site, so please follow these instructions.

1) **Bite on gauze** to stop any bleeding. Replace the gauze every 5-10 minutes until the bleeding stops. This may take few hours.

2) **For at least twenty four hours do not:**

Smoke

Drink through a straw

Drink alcohol, carbonated beverages, or hot liquids

Blow your nose excessively

Spit excessively

*Any of these things may cause the blood clot to dislodge from the socket, causing a dry socket and resulting in unnecessary pain.*

3) **Do maintain a soft diet** for 2-3 days, things like warm soup, ice cream, milk shakes (remember no straws), etc.

4) **If you were given medications**, take them according to the instructions. If you have pain medications at home you make take them according to instructions. Do not take aspirin.

5) **After 24 hours**, start rinsing gently with warm saltwater (3/4 teaspoon of salt to 1 cup of water) every four hours for 2 days especially after meal.

6) **If any questions arise**, please feel free to call us at: office: 973-827-8804, or cell:973-202-4427

Pain Relief:

600 mg. Advil (Ibuprofen) together with 500 mg Acetaminophen (Tylenol)

Up to five times per day for 2-3 days.