



**YELLOWHAWK**  
TRIBAL HEALTH CENTER  
DENTAL DEPARTMENT

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## **Extraction Post-Op Instructions**

- Bite on gauze with firm biting pressure for up to 1 hour. Replace as needed with gauze we have provided until bleeding subsides. Moisten the gauze slightly to prevent it from sticking to extraction site. Bleeding is normal and part of the healing process.
- Keep fingers and tongue away from the extraction site area.
- Do not rinse your mouth for 24 hours. No spitting or drinking through a straw. This may disturb normal blood clot, and cause additional pain and complications (dry socket).
- Smoking should be avoided for 48 hours!
- A clean mouth heals faster. After 24 hours you may begin to rinse and gently swish with warm salt water, and continue for several days ( $\frac{1}{4}$  teaspoon salt to an 8 ounce glass of water).
- Diet: Eat soft foods for the first 24 hours - no sharp, crunchy, spicy or acidic foods for the first 24 hours. Avoid too hot or cold food and drink as the area may be tender. Drink plenty of liquids (water, juices, soups, etc.) Avoid carbonated beverages (soda pop) and alcoholic beverages.
- Mild swelling and discomfort is to be expected, and may continue for several days following oral surgery. Ice packs should be applied for the first 2-4 hours, alternating 20 minutes on and 20 minutes off – do not use an ice pack for more than 20 minutes at a time.
- If sutures are placed, avoid disturbing them with your tongue. Generally they will dissolve and come out on their own within 7-10 days. If we place a different type of suture we will instruct you to return to the office in 7 days for removal.
- A small amount of oozing is normal, if bleeding becomes heavy or is not controlled, call our office immediately.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE  
CALL OUR STAFF AT 541.240.8698.**