

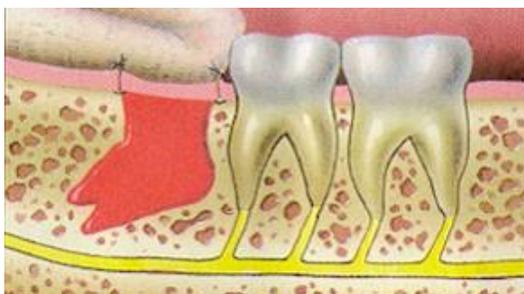
Some **DO's** and **DONT'S**

- **NO** Smoking (for 2 days)
- **NO** Drinking through a straw (for 2 days)
- **NO** Excessive spitting
- **NO** Vigorous rinsing....for at least 24-48 hours after your surgery
- **Don't** over exert yourself

*Begin a very gentle warm salt water rinses (1tsp. salt for every 8oz. of water) four time daily after the first 24 hours. (**DO NOT** use any type of mouthwash for rinsing for a week).*

If you are watching salt intake in your diet, you may substitute the salt water rinse with a peroxide and warm water rinse. Use a 50/50 peroxide and water solution.

You can brush your teeth the day of surgery. Just be careful rinsing and spitting.



(Pictured above is an illustration of the blood clot that forms in the socket where the extracted tooth used to be. Also pictured is the gauze that is being used to help stop the bleeding at the extraction site.)

BLEEDING

- Bite on gauze for 1-2 hours after your extraction(s). Some oozing should be expected for several hours. Oozing is another name for a clear drainage from the socket site. The clear drainage is part of the healing process.
- If oozing continues, bite on gauze for an additional 30 minutes. If bleeding is persistent, an old home remedy is to bite on a moistened tea bag.

SWELLING

- Keep ice on your face over the surgery area approximately one hour on, then one hour off for the first 24-48 hours. After 48 hours, use warm compresses as needed to reduce any additional swelling.
- Dr. Neeley has given you an injection of cortisone for swelling and post op pain. This should last about 2.5 days to control swelling. If additional swelling occurs use the ice.

INFECTION

- Take your antibiotics if prescribed. It is very important to finish your antibiotic (if prescribed). Should you have any complication with your antibiotic, let Dr. Neeley know immediately. If you develop a fever or chills, please call Dr. Neeley. (Please note that there may be a slight elevation of temperature for the first 24-48 hours and this is normal).

PAIN

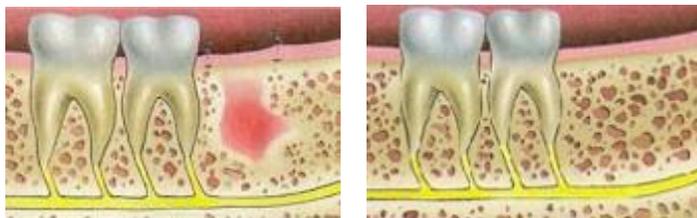
- The area of surgery will be numb for several hours after the surgery.
- Take any pain medicine given to you only as prescribed. It is recommended that the first dose of pain medicine is taken before the numbness wears off at the surgery site. Advil (Ibuprofen) or Aleve (Naproxin Sodium) can be taken along with your prescribed medication if needed for additional pain relief.
- Please note that you should not take the pain medicine on an empty stomach. It is best to begin with clear liquids (i.e. 7up, Ginger Ale, clear broth, apple juice). Also keep in mind that your pain pill can be cut in half if it is too strong.
- Call Dr. Neeley if you develop nausea, vomiting or other problems.

POST OP

- Be sure to see Dr. Neeley as scheduled for your post operative visit. A post operative appointment is usually scheduled approximately one week after the surgery. This will allow Dr. Neeley to check the surgery site for proper healing and enable him to detect any possible complications. The stitches that are used for most procedures will dissolve on their own. However, any stitch that remains at the time of the post-op appointment will be removed by Dr. Neeley. If you cannot make your appointment, please call to reschedule as soon as possible.

TIPS

- It is very important to eat soft foods (about the consistency of cooked pasta). No chips, pretzels, peanuts, etc... Stay away from crunchy, chewy or small hard foods even when it is not uncomfortable to eat them. Food particles can become lodged in the socket and keep it from healing. This would cause additional pain, swelling and infection that can be avoided.
- Keep your head elevated (sit in a reclined position or use a few extra pillows when sleeping). This will help minimize swelling and bleeding.
- If you have had anesthesia, spread out all of your medications for the first day. This will be easier on your system.
- **STAY HYDRATED!** Drink plenty of fluids.



(The above illustration shows the healing process of the socket. It is important to remember that the area of the extraction will take some time to fill in completely. Good oral hygiene in this area is very important in order to prevent food and other debris from becoming trapped in the socket while healing.)

Dr. Neeley can be reached at our office number 214-521-3148 anytime. An answering service can put you in touch with Dr. Neeley if you have a question or concern after our regular office hours.

Your Care And Well-Being Is Our First Priority

MICHAEL J. NEELEY, DDS
214-521-3148

CHEW ON THE
OPPOSITE SIDE OF
EXTRACTION AS MUCH
AS POSSIBLE

KEEP ALL FOODS AS
CLOSE TO LIQUID AS
POSSIBLE FOR 3 – 7
DAYS