



## Extraction Postoperative Instructions:

- 1) Follow any medication guidelines and instructions. It is normal to have some discomfort.
- 2) For 24 hours use ice packs extra-orally (15 minutes on/ 15 minutes off), if instructed.
- 3) A small amount of blood oozing from the extraction area is normal. It will appear like a lot of blood in the mouth when combined with saliva. You may put pressure on the area with gauze if needed. Change the gauze every 30 minutes until the bleeding subsides. Contact the office immediately if the bleeding is severe. (You may want to use an old pillow case at night due to the oozing)
- 4) Avoid sucking on a straw, spitting or smoking. This will dislodge the blood clot.
- 5) Be very careful brushing in the area. Avoid the area for about a week.
- 6) Avoid strenuous activity for 24 hours after the surgery.
- 7) After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water) 1-2 times per day.
- 8) Avoid foods that can poke the area or that have seeds, like chips and popcorn.
- 9) If sutures were placed and they are not dissolvable, return for your appointment to have them removed. Avoid picking at the sutures while in place.
- 10) Contact the office if you experience a fever of 101 degrees or higher, have excessive bleeding, or a reaction to any medications. 217-698-9300

If Dr. Baines informs you that an opening to the sinus occurred as a result of the close relationship of the roots of the upper teeth to the sinus, follow these instructions as well:

- 1) Do not blow your nose.
- 2) Sneeze with your mouth open.
- 3) Avoid swimming and strenuous activity for 1 week.
- 4) It can be common to have some bleeding from the nose for several days after this occurrence.
- 5) If the opening persists, a second procedure is sometimes required to close the area.