

MAXILLOFACIAL AND ORAL SURGERY, P.A.

University of Minnesota, Division of Oral and Maxillofacial Surgery

SURGERY ▪ RESEARCH ▪ EDUCATION

David L. Basi, D.M.D., Ph.D.
Pamela J. Hughes, D.D.S.
James Q. Swift, D.D.S.
*Diplomates, American Board of
Oral and Maxillofacial Surgery*

It is our desire that your recovery be as smooth and pleasant as possible. These instructions are given to assist you following your surgery, but if you have any questions about your progress, please call us.

Clinic (612) 624-4435
Monday–Friday, 8 A.M. to 4 P.M.
www.mospa.net

After-hours, weekends, emergencies
(651) 229-5296

Our Mission

as clinicians, educators, and researchers
is to provide contemporary oral
and maxillofacial surgical services
with the highest consideration
for quality care and patient comfort.

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Home-care information following **Dental Extractions**



Home-care information following **Dental Extractions**

1. ***Do not spit, rinse*** your mouth vigorously, or ***drink through a straw*** for 24 hours following the procedure.

After 24 hours, begin rinsing with warm water three times a day, especially after eating.

2. ***Do not smoke*** for 72 hours following the procedure.

3. ***Diet:*** Patients should eat soft foods, and drink plenty of fluids. On the day of surgery, hot foods and liquids should be avoided

4. ***Bleeding:*** Typically the surgical area may bleed lightly for 12-24 hours following the procedure. If you experience bleeding, place gauze over the surgical site and bite to apply pressure to the wound. Make sure the gauze is directly over the surgical site and area of bleeding. Pressure should be kept on the area for 20-30 minutes. If the bleeding is extremely heavy, or will not resolve with pressure, please call for instructions.

5. ***Swelling:*** You should expect some degree of swelling and/or bruising after the procedure. Some swelling can be quite severe. Swelling usually worsens during the first 36 hours following the procedure. To minimize swelling, place an ice pack to the face in the general area of surgery. Continually place on and off for ten to fifteen minutes. This is most effective during the first 24 hours after the procedure. Slightly elevate your head while sleeping or lying down.

6. ***Pain:*** Take analgesic medications as prescribed by your doctor. In general, begin taking pain medication before the local anesthesia (numbness) wears off. Taking pain medications on an empty stomach may cause nausea or vomiting. Please have something to eat or drink before taking pain medications.

7. ***Other:***

Sutures: Your doctor may have placed sutures; most commonly these will dissolve on their own. Occasionally, sutures must be removed at your postoperative appointment.

Bone graft: Your doctor may have placed particulate bone graft material in the extraction site (this would have been discussed with you prior to surgery). If bone grafting material was used, you may feel grainy particles in your mouth. This is normal as some will come out of the extraction site.

Antibiotics or other prescription medication:

Your doctor may have prescribed antibiotics or other medications. Please take them as directed by your doctor.