



Jennifer T. Silc, D.D.S., M.S.

955 N. Plum Grove Rd. Ste E Schaumburg, IL 60173
Office 847.605.0280 • Fax 847.605.0288

www.SilcPeriodontics.com

DENTAL EXTRACTIONS: HOME CARE INSTRUCTIONS

BRUSHING: Continue brushing and flossing all non-surgical areas. AVOID THE EXTRACTION SITES with your brush.

MOUTHRINSE: Starting the day after the extraction, gently rinse with a salt water solution (1/2 teaspoon salt per 8-oz. glass of warm water) four times a day. NO VIGOROUS RINSING OR SPITTING for 1 week after surgery. Let gravity take out the liquid.

EATING & DRINKING: Adequate nutrition is essential for normal healing. **First 24 hours: Following extractions,** your diet should be restricted to soft, cold foods such as: jello, pudding, yogurt, apple sauce, milkshakes, cottage cheese or ice cream. Soup is fine if it is at room temperature. **After 24 hours: Gradually progress** to foods which are easily chewed or swallowed such as: cooked vegetables, pasta, baked fish. Avoid hard/sharp foods such as popcorn, chips, carrots and apples. If the procedure was on one side, use the opposite side of the mouth. AVOID DRINKING THROUGH A STRAW!

MEDICATIONS: ANTIBIOTIC - Take any prescription antibiotic as directed (It is imperative that you complete all the medication.) If an allergic reaction arises, stop taking the medication at once and call our office immediately.

STEROID - Begin the day of surgery if prescribed (if IV Sedation start the day after procedure).

FOR DISCOMFORT - Take two (2) Extra Strength Tylenol (Acetaminophen) totaling 1000mg and **Alternate** every four hours with (4) Advil or Motrin (Ibuprofen) totaling 800mg three times a day for 3 days OR take prescription pain reliever if prescribed as needed. Pain will slowly improve with time for up to 2 weeks.

SWELLING: Some swelling or bruising may occur after extractions and last up to 1 week. To minimize this, apply ice to the external area for 20 minutes on - 10 minutes off and repeat for 2-3 hours.

BLEEDING: Slight bleeding or oozing is normal during the first 3-4 hours following the extraction. If active bleeding continues, bite down firmly on a gauze or wet tea bag to apply pressure to the extraction site. If excessive bleeding occurs, please call the office or proceed to closest Hospital Emergency Room.

SMOKING: If you smoke, it is advisable to refrain from smoking for 1 week and to minimize smoking during the healing period. Smoking contributes to dry sockets as well as prolonged bleeding. Smoking delays and is detrimental to the healing process.

SUTURES: Your sutures will either dissolve or be removed at the postoperative visit. If a suture comes loose, DO NOT remove on your own. A long hanging tail can be cut with a small scissor but do not pull on any loose ends.

Questions: Please call our office during regular office hours at # 847-605-0280.

Emergencies: If life threatening, please go to the nearest emergency room or call 911.

This would include, but not limited to: Uncontrollable bleeding, severe allergic reaction, difficulty breathing, swelling preventing swallowing, etc.

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Patient Signature:

Date:

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