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### **Post Operative Instructions for Extractions**

1. Do not smoke, avoid drinking through a straw, avoid spitting ( try to wipe out your mouth), and avoid carbonated beverages for at least 24-48 hours after the extraction. You want to avoid making any type of suction in your mouth during this time.
2. Before the numbness goes away, take 2 tablets of Ibuprofen (Advil, Motrin) or 2 tablets of acetaminophen (Tylenol) every 6 hours for the first two days, then as needed. Take one tablet of the prescription strength pain medication at night to help you sleep. Also, if Ibuprofen or acetaminophen is not enough to make you comfortable, you can add one tablet of the prescription medication. NOTE: If you take a prescribed pain medication these medications may make you drowsy so do not operate vehicles or mix with alcohol when taking the medication.
3. Slight swelling, discoloration, and discomfort are normal. These may occur 48 to 72 hours after the extraction(s) and may last for up to a week. Use a cold ice pack 20 minutes on and 10 minutes off for the first hour then off and on for the next 24 hours. **If you are swollen after 48 hours, use a warm moist cloth the same way for the next 24 hours or until the swelling comes down.**  
Avoid any lifting or strenuous exercises for about a week after extraction(s) to prevent additional swelling than usual.
4. It is important to continue your home care. This may be difficult during this healing period but let comfort be your guide. The day after your extraction(s) start warm salt water rinses 2-3 times daily for the next 2 weeks.
5. After eating gently rinse your mouth with warm salt water. This will help to keep the extraction clean. Do not stick any thing directly into the site.
6. If you have any questions please call any time (713) 629-5170.

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