

Post-Op Instructions for Extractions

1. If you are supervising a patient who had extractions, make sure they don't bite the numb tongue or lips. It can cause serious injury to their soft tissue.
2. Avoid eating or drinking anything hot on the day of the extraction.
3. **DO NOT** use a straw for drinking for 24 hours.
4. **DO NOT** spit.
5. **DO NOT** brush the teeth on the day of the surgery. You can resume brushing and flossing gently the day after.
6. **DO NOT** drink carbonated beverages (soda) for 24 hours.
7. The patient may experience some pain, bruising around the lips and/or some swelling, especially after an extraction of an impacted wisdom tooth. Ice bag application and medication prescribed for the patient will help to minimize discomfort.
8. **DO NOT** swish for 24 hours. If the patient is able to, swish with warm salt water after 24 hours in order to speed up healing.
 - 1 tsp of salt to 8 oz of warm water up to 3 times a day.
9. Please take all the medication you have received based on the instructions given to you.
10. During the first 2-3 days after surgery, a diet of soft food and liquids is recommended (soups, juice, potatoes, and pasta).

For Emergencies, Call:

Dr. Pat Robinson
(972) 291-1584

Dr. Glynn Solomon
(469) 441-7745

Dr. H. Whitney Payne, Jr.
(817) 602-8498

Dr. Mack Sneed
(817) 996-3566