



Tips & Tricks

- Pain will usually be at the worst on day 3
- Do not be alarmed by bleeding for up to 36 hours.
- You may get light bruising around your jaw and cheeks.
- Remember the extraction sites get worse before they get better. They will “open” up and even look green and yellow inside. This is not an infection; it is normal healing.
- Sutures dissolve in 3-7 days, but if they fall out sooner it is no big deal. They are only necessary for the first 18 hours.
- Jaw exercises will help you heal faster. Practice opening as wide as possible and holding your jaw to each side for 30 seconds at a time.
- Ice on your cheeks is only effective during the first 36 hours. After that switch to heat.
 - (20 min on/ 20 min off)
- Soft foods are easy to eat, but the quicker you return to a normal diet the quicker you will recover.
- During recovery get up and go for walks, it helps you feel better.
- You can brush your teeth and tongue immediately. Just avoid the extraction sites.
- Swollen cheeks are normal and usually will maximize in 36-48 hours after the extraction and then taper off over the next 5-7 days.
- Holding ice in your mouth will help numb the extraction sites.
- When rinsing with the syringe gradually increase the intensity and force used over 3 days.
- Post operative pain may be experienced for 14 days. If your pain persists after 14 days, please contact us.
- Smoking or a history of smoking correlates with delayed healing.
- 15 minutes of firm biting pressure on gauze will slow the bleeding. Paper towels and even washcloths can be used as substitutes for gauze.
- Antibiotics can increase the risk for a yeast infection. If you suspect you have a yeast infection contact your PCP for treatment.
- Care is taken during the procedure to remove all small pieces of tooth and bone, however occasionally a patient may notice a “sharp” piece with their tongue days to weeks after the extraction. Most of the time this can be removed at home painlessly with sterile tweezers.
- Stay hydrated! Drink a lot of fluids to speed up your recovery and feel better while taking medications.

If you have a question that you cannot find the answer to in your paperwork, feel free to contact our office. We wish you a speedy recovery!