



JOHN B. FONTANA, III, DMD, MS
PERIODONTICS AND DENTAL IMPLANTS

POST-OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

1. Do not rinse vigorously, spit forcefully, or drink through a straw for one (1) day so the blood clot in the socket will not be disturbed. For the same reason, as well as to avoid injury while numb, consume only cool to cold liquids for this time.
2. Today, rest as much as possible with your head elevated. No vigorous exercising for one (1) day.
3. Slight bleeding is normal for up to 24 hours following surgery. If persistent bleeding occurs, place a wet, black teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
4. Do not eat by the surgical area for one (1) week. Soft nutritious foods will be necessary for the first few days. Avoid acidic and crunchy foods. Drink plenty of fluids.
Suggested foods: Broth, soups, soft bread, eggs, vegetable juice, mashed potatoes, ground meat, soft cheese, ice cream, milkshakes, Jell-O, bananas, pudding, and oatmeal
5. Do not use tobacco or drink alcohol for 1 to 2 days as these will delay healing.
6. Swelling can be lessened by placing a cold compress on the face alternating on and off every 20 minutes during the first 72 hours.
7. Take all medications the Doctor has prescribed for you according to directions.
8. Starting 24 hours after surgery, you may *gently* rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water three (3) times a day to reduce inflammation.
9. If you have any questions, please call our office at (302) 734-1950. **IN CASE OF EMERGENCY AFTER HOURS, PLEASE CALL (302)598-6861.**