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Family Dental Practice

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Post-Op Instructions Following Extractions

1. Continue to bite on gauze until you arrive home. If gauze is mostly pink, do not replace it. If gauze is mostly red, place new sterile gauze and bite down for one hour.
2. DO NOT spit. If you would like to rinse your mouth use warm salt water or alcohol-free mouth wash. DO NOT 'swish' hard, tilt head back and let the rinse flow side to side, then let it fall out of your mouth.
3. Eat only soft foods and chew on the opposite side of your mouth today. Tomorrow you can eat whatever is comfortable. Avoid brushing the area today, but brush as is comfortable tomorrow.
4. Avoid using straws, smoking, alcohol and carbonated beverages for 24 hours.
5. Avoid touching surgical site and any sutures. If food is in the extraction site, your body will take care of it.
6. No hot liquids or foods today.
7. ***Drink Plenty of Fluids.***
8. Prescription pain medicine, alternated with over the counter IBPROFEN (if no allergy to it) should manage most of the discomfort. If you notice swelling, you may place ice on your face (15 minutes on and 15 minutes off). Ice is also good for pain control. Symptoms should improve daily.
9. ***If symptoms exceed 3 days or begin to worsen at anytime, call our office @:
(314) 968-2483.***
10. Dental Work should not be scheduled for 6 weeks following tooth extractions, except for suture removal

If sinus is perforated:

1. DO NOT blow nose for two weeks.
2. Sneeze with your mouth open for two weeks.
3. Take Claritin D and Clindamycin.
4. Use Afrin nasal spray for two weeks.

