



Instructions for Dental Extractions

Diet:

- Start with liquids and soft foods. You may advance to your usual diet as soon as you are comfortable doing so, provided that you keep your wounds clean from food debris. You may use a straw if desired. It is important to stay well hydrated.

Activity:

- Begin irrigating your wounds with warm salt water using your plastic syringe after each meal. You may begin this as soon as 12 hours after your surgery. This will drastically reduce the risk of wound infections and dry sockets.
- Limit sports or exercise for the first five days after surgery, as this will increase blood pressure and may increase bleeding.
- After a tooth extraction, it is important for a blood clot to form to stop bleeding. This is why we ask you to bite on a gauze pad for 30-45 minutes after surgery. It is normal for oozing to persist for 2-3 days after surgery. You may have to bite down firmly on a fresh gauze pad for 30 minutes and repeat several times.
- You may experience some swelling. Swelling will generally peak on day 3 or 4 after surgery, then begin to resolve. An ice pack or an unopened bag of frozen peas applied to the area will keep swelling to a minimum.
- Use pain medication as prescribed. You may resume your regular medications unless directed by your surgeon. Call the office if your medication is not controlling your pain.
- It is important to resume your regular dental routine as soon as possible. This should include brushing and flossing at least once per day to decrease the risk of wound infections.
- **DO NOT SMOKE!** One cigarette may dramatically increase your pain, and significantly delay the healing process. Avoid smoking for 7-10 days after surgery, and consider quitting smoking altogether.

Contact Dr. Rivera or Dr. Lanzon:

- If your pain is reasonably not well controlled.
- If you have persistent heavy bleeding.
- If you experience any reactions to your medications.
- If you have any additional questions.
- If you believe you are experiencing a true dental emergency, go to the nearest hospital.

We thank you for the opportunity to participate in your care!

Dr. Rivera

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Dr. Lanzon

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Pain Medication Schedule

Hour	Option 1	Option 2
0	Ibuprofen 600mg & Tylenol #3	Ibuprofen 600mg & Acetaminophen 1000mg
6	Ibuprofen 600mg & Tylenol #3	Ibuprofen 600mg & Acetaminophen 1000mg
12	Ibuprofen 600mg & Tylenol #3	Ibuprofen 600mg & Acetaminophen 1000mg
18	Ibuprofen 600mg & Tylenol #3	Ibuprofen 600mg & Acetaminophen 1000mg
24	Ibuprofen 600mg & Tylenol #3	Ibuprofen 600mg & Acetaminophen 1000mg

- After 24-48 hours, please begin eliminating Tylenol #3. We try to minimize opioid use for your safety. The sooner you can transition from Norco to acetaminophen, the better.
- DO NOT EXCEED 4000mg acetaminophen (Tylenol and Tylenol #3) in a 24-Hour period.
- DO NOT COMBINE Norco or Tylenol #3 with Tylenol (acetaminophen), as this will increase the risk of acetaminophen overdose.
- Remember to take your pain medication with food, as both can upset your stomach.
- Studies suggest that taking ibuprofen and acetaminophen at the same time improves efficacy and duration of pain control.
- Our doctor participates in the California Controlled Substance Utilization Review and Evaluation System (CURES)