

After Extraction: Please review these instructions with your healthcare team. Following them will lead to the best outcome. If needed after hours, Dr. Krakora's cell: 412-728-3331. Thanks for choosing our practice! We want you to get better soon. Consider a dental implant to replace a missing tooth. Go to www.newteethnewlife.com for more information.

1. **Keep pressure on the socket with gauze until the bleeding slows.**
Pressure will stop bleeding. It's normal to see bleeding for the first 2 to 3 days. If pressure is placed on adjacent teeth and not on the socket, bleeding may continue. Fold the gauze tight to fit the space. A little blood mixes with a lot of saliva and can look like a lot blood.
2. **Protect the blood clot in the socket.** No vigorous mouth rinses or spitting.
Vigorous mouth rinses and spitting dislodge the blood clot and promotes bleeding. It can also lead to poor healing and exposed bone and what's known as a dry socket. This occurs when the blood clot in the socket is forcefully rinsed away before healing occurs over the bone. The bone becomes irritated and painful. **It's ok to brush teeth** and keep your mouth clean. Be careful around the socket.
3. **It's ok to eat** soon after the extraction.
4. **Take ibuprofen, Motrin or Advil 800mg, that's 4x200mg, regular strength tablets 3 times per day.** Do this as a base pain medication for the next several days. If you have any stomach ulcer problems or allergies do not take it. It is available over the counter.
5. **Take the narcotic as needed.** One pill can be taken every 4 to 6 hours. It's ok to take the narcotic we are prescribing for you with the ibuprofen. Take the ibuprofen as a base, and the narcotic on top of it, together. It's ok to take them together, but it may make your stomach upset. Take them with food, especially the narcotic. If the narcotic makes you sick, cut in half or quarters and take with food.
6. **Avoid smoking.** Nicotine constricts blood vessels. As a result it delays healing, causes more pain, dry sockets, more bone chips, and leads to more infections. If you smoke please anticipate 2 to 3 weeks of pain.
7. **Apply wrapped ice**, 20 min on and 20 min off for the first several days. Heat after that.
8. **Common Problems**
 - a. **Pain and swelling** – Peak around days 3 and 4. Don't be alarmed that it gets worse. Keep taking the ibuprofen and Narcotic.
 - b. **Bleeding** – It's normal to see bleeding for the first 2 to 3 days. A little blood mixes with a lot of saliva and can look like a lot blood. Keep head elevated and pressure on the socket.

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- c. **Bone Chips** – People get these confused with tooth fragments. There are no tooth pieces remaining. The bone chips will work their way out over time. Exposed bone will heal over time.
- d. **If you don't accept a Narcotic Prescription or loose it we cannot get you a new one.**