



## **EXTRACTION POST-OPERATIVE CARE**

### **Bleeding**

Keep pressure on gauze for about 20 minutes in order to form the initial blood clot. After the first 20 minutes, you may change the gauze and if necessary, keep doing so until most of the bleeding has stopped. Don't spit, smoke, or use a straw for the first 24 hours; anything that causes suction in the area will pull out the newly-formed blood clot, causing a 'dry socket', a painful result in which the actual bone is exposed.

### **Pain**

If you have been given a prescription for pain medication, take as directed. Some nausea from strong narcotic medications is common. A better alternative is to take 400mg ibuprofen IN COMBINATION WITH two Extra-Strength Tylenol. These medications taken together have a synergistic effect equaling the pain relief of a narcotic without the undesired side effects.

### **Antibiotics**

If you have been given a prescription for an antibiotic, take as directed. If it makes you nauseated, stop taking it and contact our office. If you have any other unusual reaction (usually an allergy), please report to your nearest emergency room.

### **Swelling**

If you have been told that there might be some swelling, use ice or cold packs for 15 minutes every 45 minutes for the first day.

### **Sutures**

If sutures were placed, use extreme care when brushing the area. You should have a follow-up appointment to remove them in one week.

### **Eating**

A soft-food diet is suggested for the first 24 hours; eat very carefully to avoid the surgical site.

### **Other**

Please call us with any additional questions you may have; Dr. Hahn's mobile phone number is available on the office answering message.

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