



## NEW DIMENSION DENTISTRY

DORIS GIRALDO, DDS

### **Tooth Extraction: Post-Op Instructions:**

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why your dentist will ask you to bite on a gauze pad for 30 to 45 minutes after an extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it is important to protect it, especially for the next 24 hours. It's important not to:

Smoke

Rinse your mouth vigorously

Drink through a straw

Clean the teeth next to the extraction site

These activities could dislodge the clot and slow down healing.

Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduces bleeding and helps the healing process.

After the tooth is extracted, you may feel some pain and have some swelling. You can use an ice bag (20 minutes on, 20 minutes off) to keep this to a minimum. The swelling usually starts to go down after 48 hours.

To control discomfort, take pain medication as recommended. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Also:

**Drink lots of fluids**

**Don't use alcoholic beverages**

**Eat only soft, nutritious foods on the day of the extraction**

**Avoid hot and spicy food**

You can begin eating normally the next day or if not by then, as soon as it's comfortable. Gently rinse your mouth with warm salt water three times a day (put a teaspoon of salt in a cup of warm water, and then gently rinse, swish and spit). Also, rinse gently after meals. This helps keep food out of the extraction site.

It is very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh. Call Dr. Doris Giraldo right away if you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to the medication. After a few days you'll be feeling fine and can resume your normal activities.

**EMERGENCY NUMBER (non office hours) 646-531-5353**

SIGN: \_\_\_\_\_

WITNESS: \_\_\_\_\_

DATE: \_\_\_\_\_



NEW DIMENSION DENTISTRY  
DORIS GIRALDO, DDS

## POST SURGERY DIETARY SUGGESTIONS

The following dietary suggestions have been prepared to aid you in the selection of food following periodontal surgery. A well balanced diet will help you heal faster and feel better. You may return to a normal diet as you feel like it. It is best to avoid spicy foods and juices containing citric acid for at least two weeks.

### SOFT FOODS:

MILK- Whole milk, skim milk, eggnog, buttermilk, yogurt, malts or shakes

SOUPS- All soups, including vegetable soups, cream soups and bouillon

EGGS- In any form, especially soft boiled, scrambled or poached.

MEATS- Ground round or very tender, small pieces of meat

FISH- Tuna, salmon, shellfish (small pieces), etc

VEGETABLES- Mashed potatoes, peas or other soft vegetables

FRUITS- Bananas, applesauce, canned peaches or pears. Avoid fruits with citric acid (lemons, oranges, etc.)

JUICES- Apple, grape, etc. Again avoid anything with high concentrations of citric acid such as tomato or grapefruit juices.

### ADDITIONAL SUPPLEMENTS

Powdered skim milk is an excellent source of protein, minerals and some vitamins. It can be added to soups, gravies, mashed potatoes, or whole milk. High protein powdered or liquid preparations such as Carnation Instant Breakfast, Metracal, Nutrament, etc. can be used in liberal amounts. During this time when normal chewing may be slightly impaired and the need for good nutrition increased, the daily use of a multivitamin and a time-release vitamin C tablet daily is suggested.