



Over the next several days you may gradually progress to a soft foods diet. For example: steamed vegetables, fish, tofu, bananas, cottage cheese, avocado, humus, frozen yogurt, mashed potatoes, pasta, macaroni & cheese, eggs -scrambled or soft boiled. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor.

**Sharp Edges:** If you feel something hard or sharp in the surgical areas, it is likely you are feeling bony walls which once supported the extracted tooth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause discomfort, please call the office.

### **INSTRUCTIONS FOR THE SECOND AND THIRD DAYS:**

**Mouth Rinses:** Keeping your mouth clean after surgery is essential. Use Listerine or ¼ teaspoon of salt dissolved in 8 oz. of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

**Brushing:** Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every attempt to clean your teeth within the bounds of comfort.

**Hot Applications:** On the 3<sup>rd</sup> day post-surgery, you may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

**Healing:** Normal healing after tooth extractions should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you are not experiencing continued improvement, please call our office.

At your two week follow up some patients may receive a plastic irrigating syringe. Use it daily according to the instructions until you are certain the tooth socket has closed completely and there is no chance of any food particles lodging in the socket.

It is important to us that your recovery be as pleasant as possible. Following the post-op instructions will assist you, but if you have questions about your progress, please call the office. We have a 24- hour answering service available to contact the doctor on call after regular business hours. Whenever possible it is best to call during regular business hours, this will provide a faster response to your question or concern.