

The Dr. Richard E. Betor Cosmetic Dental Group

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Instructions Following Routine Extractions

Pain and Medications and Swelling

400 to 600 mg of Ibuprofen (2 to 3 Advil or Motrin) may be taken every 4 to 6 hours unless you have been instructed otherwise due to allergy or gastrointestinal problems. 500 mg of Acetaminophen may be taken in between doses. (Such as 12 PM 600 mg of Ibuprofen taken. At 4 PM 500 mg of Acetaminophen taken. At 8 PM 600 mg of Ibuprofen taken.)

Over exertion for the first two to three days can cause a throbbing sensation. If so, rest and relax.

Swelling or bruising will generally reach a peak in 2 to 3 days and could last as long as a week to 10 days. Ice should be used for the first 48 hours. Ice (ice packs, frozen peas or corn) should be wrapped in a moistened towel and applied externally to the surgical site, using it for 20 minutes and then leaving it off for 20 minutes. Continue this routine for the rest of the day to help prevent swelling and associated pain.

Bleeding

Remove gauze when you get home. There may be bloodstains in your saliva for the first day. This is expected and normal. Excessive bleeding should not occur and if it does please contact the office immediately. Holding ice water in your mouth or dipping a small piece of gauze in ice water and gently applying pressure to the bleeding area for 10 to 20 minutes may often control the bleeding. Repeat as necessary. Light oozing may persist following the surgery for the 24 to 48 hours. You may want to sleep slightly elevated with an old pillow case for the first few evenings. If stitches were placed, please do not disturb them with your tongue. They were placed to help control bleeding and hasten healing. The sutures will be removed by our office after 7 days. Remember, your mouth is a wet environment, so the grayish color of the blood clot is normal.

Diet

Please avoid straws. The first 24 hours following the surgery, you should not have anything very hot to eat or drink – warm and cold are fine. The first day, stick to foods that don't involve a lot of chewing. Drink plenty of fluids and look for softer foods. Drink a variety of fluids – any kind of juices, broth, bullion, soup, tea, coffee, lemonade, jello, milk, milkshakes, Gatorade, and water. Soft foods – eggs, pancakes, waffles, French toast, spaghetti, mac and cheese, pasta noodles with mild sauces, vegetables in stews, stuff peppers or cabbage, sloppy joes, tuna, mashed potatoes, apple sauce, yogurt, soft fruits, oatmeal, rice, cottage cheese, ice cream, soups, pudding, and custard.

Mouth Wash

To aid in healing AFTER the first twenty four hours following the extraction, warm salt water may be used. Dissolve a teaspoon of table salt in a glass of warm water. The mouthwash can be used after eating and before bedtime. Gently roll your head left and right to spread the solution around the mouth, and allow the solution to run out of the mouth. Please avoid spitting. Do not vigorously rinse your mouth as it could result in bleeding. If a syringe was given to flush out the surgery areas – use as directed.

Dry Socket

Dry sockets may occur after extractions. They may start within the following 2 to 4 days. A throbbing or pounding sensation may be felt that cannot be relieved with pain medication. A special medicated packing may be necessary. Please call the office.

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* Candidate for Fellowship in the Academy of General Dentistry (F.A.G.D.), a distinction held by less than 2% of all dentists

* Member - American Academy of Cosmetic Dentistry, American Dental Association & American Academy of Implant Dentistry