

**DR. CHANG'S POST-OPERATIVE INSTRUCTIONS
FOLLOWING TOOTH EXTRACTION (REMOVAL)**

1. Continue biting on the gauze pads for one hour. You may change them with the clean pads given to you as necessary, roughly every 15-20 minutes. Use moistened tea bags if you run out of gauze or when bleeding persists longer than 40 minutes.
2. **DO NOT SMOKE**, drink through a straw, spit vigorously or do anything that would create suction in your mouth for 72 hours. This is to reduce the incidence of post-operation bleeding, premature loss of the blood clot may cause a dry socket and more pain.
3. **DO NOT RINSE YOUR MOUTH FOR 24 HOURS**. Start rinsing after twenty-four hours with warm salt water (1/2 tsp. salt in 8oz. water) 3-4 times per day, especially after meals.
4. Avoid brushing the extraction site today. **DO BRUSH** the rest of your teeth. A clean mouth will heal faster.
5. **NOTHING HOT** neither to eat nor to drink (temperature or taste) today. For your comfort, please eat on the other side of your mouth from the surgery. You must eat well so that your body can heal itself.
6. The discomfort should abate within two-three days after the surgery. Take pain medication as prescribed, or any **NON-ASPRIN** pain reliever. Tylenol extra-strength gel tabs (500mg Acetaminophen x two tablets.) If pain does not resolve within three days, please call Dr. Chang at (978) 537-3570.
7. Please sleep with an extra pillow, making your head higher than your heart for the next couple of nights.
8. **IF** you develop pain after three days following your extraction and the pain radiates to your ear, and is not easily relieved by the pain medication, you may have developed a dry socket. Make an appointment to be seen in the office. A dressing can be placed in the extraction site, which will alleviate your pain.
9. **IF** swelling begins, place an ice pack wrapped in a towel against your face on the area of the surgery. Twenty minutes on/twenty minutes off, for the remainder of today. If swelling develops, it will take approximately five days before it begins to resolve.
10. **IF** an antibiotic was prescribed, please take it to completion unless directed otherwise by the Doctor.
11. **IF** sutures have been placed, be sure to return to have them removed unless directed otherwise.
12. **IF** you have any questions regarding your treatment of your post-operative course do not hesitate to call the office.

OFFICE PHONE: (978) 537-3570

EMERGENCY PAGER: (978) 235-1749
24 HOURS