



**STANLEY
DENTISTRY**

919-460-9665

POST OPERATIVE INSTRUCTIONS

After an extraction your body begins the healing process. There are several things you can do to help yourself and some things to be avoided.

- Apply constant pressure to the area by biting on the gauze provided for 30 minutes to an hour. Replace the gauze as needed.
- Apply ice for 30 minutes on, then 30 minutes off. Place the ice in a plastic bag and wrap in a face cloth.
- Do NOT rinse or spit during the first 24 hours. Rinsing will delay healing.
- Do NOT smoke cigarettes while you have an open wound and bone exposed. This will slow healing and increase pain.
- Do NOT drink through a straw as this may pull a blood clot out from the socket and cause bleeding.
- Do NOT eat or drink very hot foods. Use extreme caution when eating if any anesthesia exists.
- If stitches have been placed, they (need to/do not need) to be removed in one week.
- **Some bleeding is expected. Rinsing will make it appear worse, don't rinse. If you feel that bleeding is excessive then call the office or page the doctor. If medicine has been prescribed and any undesirable side effects occur, then discontinue the medicine and call the office at once. If difficulty in breathing, wheezing, airway constriction or skin rash occurs, call at once and seek medical care if the Doctor cannot be reached.**

Questions:

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