



Adult and Pediatric Hospital Dentistry

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850.502.0011

Oral Surgery Instructions

- Keep the pressure/gauzes in place one (1) hour post op, replace as necessary. Wrap a damp tea bag with ICE water in gauze if bleeding continues.
- Do Not Rinse for 24 hours, then only gently the next day.
- NO drinking through a straw.
- NO SMOKING as this causes dry socket which HURTS worse than the extraction. If you do smoke, COVER the socket with a wet gauze for at least six (6) days.
- Apply ice to area (15 minutes on, 15 minutes off) for three (3) days, and then apply warm, moist heat.
- Take Prescribed Pain meds and Antibiotics only as Prescribed. You may add additional Tylenol or Ibuprophen as instructed.
- Do not wait to take your pain medicine, take it IMMEDIATELY post op. Do NOT wait for it to start hurting.
- If you experience any unusual swelling, pain, or bleeding, contact Dr. Pierce immediate at 850.502.0011.
- Resume diet with clear liquids, popsicles, and ice chips. Ease into soft foods. Increase protein. NO milk products or greasy foods 24 hours post anesthesia. Your nose may bleed from the anesthesia tube.
- Set your alarm to get up at 3:00 a.m. to take your pain meds. Take ibuprophen if prescribed at the SAME time as pain meds.
- We encourage you to ask questions about your health and healthcare.
- Contact your nearest Emergency Room if you are unable to contact me or feel you have an emergency.