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Post Surgical Instructions for Apicos and Extractions

Be sure to use your icepack off and on for the rest of the day. Approximately 15 minutes on, 15 minutes off. This will help keep the swelling down and keep you comfortable.

Keep gauze clean, if applicable, and use until bleeding has stopped. Drink plenty of fluids. Eat only softer foods. Be careful not to bite your lips, cheeks, or tongue while you are numb.

No rinsing, drinking through a straw, smoking, or any kind of suction in mouth for 24 hours. These are all known causes of a “Dry Socket”, which is **very** painful.

Tomorrow, start rinsing with warm salt-water (1tsp salt to 8 oz of water), 4 to 5 times a day. Do this for the next week. **This is a very important part of the healing process.**

Finish all antibiotics! Take pain medication as needed, with food to prevent stomach upset.

Sleep slightly elevated the first night after surgery. Do not use any hot compresses unless otherwise directed by the doctor.

Please return to our office in 1 week for a suture removal.

Please call our office if you have any questions.