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**Instructions and Care Following Extractions**

**General Care:**

**We have made every effort to make this ‘loss’ as uneventful with as quick a recovery as possible. Most likely you’ve had your own ‘platelets’ , PRP and/or PRF, utilized to promote healing and reduce infection. Often times there has been a bone graft also placed to maintain the ridge which held the tooth roots to maintain the anatomy of the area for eventual tooth replacement.**

**Please take care with the following guidelines to minimize any discomfort or complications.**

 You are supplied with gauze sponges to moisten and place over the extraction site(s) and gently close together. This pressure is needed to minimize bleeding. Change the gauze every half hour until bleeding has stopped. If bleeding persists after the gauzes supplied have been used, wet a tea bag in cold water, squeeze out excess tea, and use it as a compress over the extraction site.

 Keep ice on your cheek area opposite from the extraction site for 10-20 minute intervals. A frozen bag of peas works nicely, and can be refrozen. Keep all extraction and surgery areas clean to promote faster healing.

Do NOT do anything to disturb the blood clot once it is formed. This involves excessive talking, physical activity, sucking through a straw, spitting or anything to raise your blood pressure. Take a break from any exercise for at least 48 hours.

 The anesthetic (numbness) will last 8-10 hours. Begin taking your prescribed pain pills, Tylenol or Advil (not aspirin) after you get home and at regular 4 hour intervals. Eat soft foods, nothing crunchy like tortilla chips etc. You can begin a warm salt water rinse after 24 hours. There is near narcotic pain relief by taking 3 x 200 mg Advil/Ibuprofen tablets, followed by 2 Extra Strength Tylenol in four hours, and then return to the 3 Advil four hours later and so on. As time goes on the 4 hour interval can be increased to 6, and then 8 hours. If you were given a narcotic pain pill prescription and experience ‘break through pain’ while doing this Advil/ES Tylenol regimen, stop the regimen and take the narcotic every 4-6 hours as needed.

 The extraction socket has been irrigated with ozonated water and also insufluated with ozone gas to hasten healing and diminish infection risk.

**DO NOT**

* Do not Smoke or chew tobacco for a minimum of four days. Otherwise, you may develop a dry socket! Curtail your smoking after the four day period to a minimum for the next 10 days.
* Do not rinse your mouth excessively for the first 24 hours, after this use cold water gently and brush your teeth thoroughly.
* Do not drink through a straw for a week.
* Do not spit blood out, rather push it out with your tongue. Any ‘sucking’ or spitting motion can create a vacuum and will pull the blood clot out, resulting in poor healing or dry socket which is painful.
* Do not use alcohol containing mouth rinses.
* Do not hesitate to call our office should you have any problems that you think requires our attention.

**Dry Sockets**

Lower molars (especially lower wisdom teeth) are prone to “dry socket” development if not properly cared for after removal. This condition is very painful and is characterized by dull, aching pain that feels like the tooth is still present, and an increase in discomfort four days after the tooth has been removed. It occurs most commonly in those who fail to quit smoking after a tooth is removed and more likely with natural red heads(serious!)

 If this develops, or you are having difficulty, call the office and we can simply place a medicated packing into the socket to relieve the discomfort.

We do everything possible to minimize post-op pain and promote accelerated healing: PRP/PRF, Ozone irrigation, and ozone gas insufflations at extraction site. A popular pain relief option and alternative to narcotic/opioid pain relief is the Stella Life Recovery Kit.

**Stella Life Recovery Kit**

The Stella Life Oral Care Recovery kit is a homeopathic healing 3 step method to decrease bacteria, reduce swelling/post op pain, and hydrate the oral cavity. Included is an antimicrobial rinse, pain/swelling relief spray that is ‘squirted’ under the tongue for fast absorption and a gel to be placed on the gums opposite the extraction site. Please use this 3x a day respectively, preferably after meals. More frequent use is tolerable as well. Use all 3 products at the same time for the quickest and most effective healing.