

2004 Sproul Rd. Ste. 204
Broomall, PA 19008

Post- Op Instructions for Extractions

Do not disturb the blood clot that forms in the tooth socket!

The blood clot that forms in the tooth socket is an important part of the normal healing process. You should avoid doing things that might disturb the clot. If the blood clot is disturbed and breaks down, you can get a **dry socket**. Dry sockets can be extremely painful. To lower your risk of a dry socket, be very careful not to disturb the clot.

For the first 24 hours, do not suck, spit, slurp, or any other action that creates suction in your mouth and puts pressure on your blood clot.

Occasional swelling can occur. Apply ice packs as needed at 15- 20 minute intervals for the first 48 hours.

Analgesics for post-operative discomfort are recommended for the first 48 hours (no longer than 2 wks)

Ibuprofen (ex. Advil, Motrin) 400mg

Acetaminophen (ex. Tylenol) 500mg

*** Can be taken at the same time (every 4-6hrs)***

Slight bleeding is not unusual, if necessary, you may apply clean gauze or a warm, wet tea bag, with light pressure to the site. Call the office if the bleeding continues.

If you have any questions or concerns, you may call the office at (610)328-9608 or Doctor Havrilla can be reached on his cell phone at (484)716-3403, he will return your call as soon as possible.

We encourage our patients to contact us with post-operative concerns. Please DO NOT WAIT!!