



Post Operative Instruction for Extraction

Take 600 mg (or 3 tablets) of ibuprofen (Advil, Motrin IB, Nuprin) 3 times a day with meals, for 4 days following extraction. If you have had an allergic reaction to aspirin or ibuprofen in the past, you should instead take 1000mg (or 2 tablets) of Extra Strength Tylenol (acetaminophen) 3 times a day for 4 days.

Day of Extraction

After an extraction, it is important to develop a blood clot in the extraction site for proper healing. Bite down on gauze for 1-2 hours to help a clot form in the socket. Try to keep the original gauze in place. If you must change the gauze during the first 1-2 hours, lightly dampen the gauze to prevent it from sticking to your gum tissue. Lipton tea bags may be used in place of the gauze, which can also aid clotting. Once the gauze is removed, do not sip through a straw, spit forcefully, or smoke for 3 days. You do not want to create bleeding at the extraction site and lose the blood clot.

Maintain a soft diet for the first 24 hours, and chew on the opposite side of your mouth. Do not drink carbonated beverages, such as beer or soda, for 3 days. The carbonation may dissolve the blood clot.

Slight bleeding during the first 24 hours is normal. If bleeding continues, seems excessive or if you have any other concerns, please call our office (817) 461-4292. An emergency phone number is available if you need to reach Dr. Peterson after hours.

First to Fifth Day

If you develop any severe discomfort in the extraction area, you may have a “dry socket”. The clot may have been lost. Call our office immediately.

Do not discontinue any prescription medication without calling Dr. Peterson.

Stitches will be removed by Dr. Peterson unless you are told otherwise.

If you are female- Antibiotics will reduce the effectiveness of oral contraceptives. You must take additional contraceptive measures to avoid pregnancy.