



Dr. Adam Unterbrunner  
2040 W Irving Road  
Chicago IL 60618  
Call: (773) 348-3950  
Text: (309) 4555625  
Email: neighborhooddental@gmail.com

## Extraction Post OP

- Please take medication as prescribed
- Numbness usually goes away within 2-4 hours after surgery
- Bleeding is stopped by the time you leave the clinic. Some minor “weeping” is normal following surgery. Minor bleeding plus saliva makes it seem as if the area is bleeding more than it actually is. In this event, use a brewed tea bag and bite on the area with that. The tannic acid in the tea will help the area clot.
- Cold compress 20 minutes on/20 minutes off for the next 24 hours will help reduce any bruising and swelling.
- Keep your head elevated for the first 24 hours, use an extra pillow when sleeping.
- Beginning the second day after surgery you can start using a warm compress in the area.
- Rinse/clean the area by gently swishing with warm salt water rinses or Peridex.
- Still lightly brush the adjacent teeth around the surgical site
- For the first 4-5 days be careful with certain foods. Nothing too spicy, small, or sharp. Chew your food on the opposite side.
- Do NOT, spit, suck through a straw, smoke, or drink alcohol for at least 3-5 days.
- Limit yourself to calm activities for the first 1-3 days, avoid strenuous exercise.

### **If sutures are placed:**

- The sutures may come unraveled as you start to eat and clean around the area in the following week, try to avoid “playing” with the sutures with your tongue
- Sutures will dissolve in 10-14 days.