

Peter L. Thompson, DDS

(575) 359-1011

Extraction Instructions

Before Removal of Multiple Teeth:

1. Recommended over-the-counter: 1 week before your surgery begin Vitamin C-one tablet (1000mg) 3x a day and Co Q 10-50mg 2x a day continue for two weeks after surgery.
2. Start the decadron (dexamethasone) the morning before your surgery.
*Does not have to be taken with food on the day of your appointment.
3. Start the antibiotic one-hour before your surgery.
4. Take 400mg ibuprofen one hour before your surgery.

After Removal of Teeth:

1. Apply ice to your face for the first day, on for 15 minutes and off for 15 minutes.
 2. Do not rinse your mouth for 8hours after an appointment. Then, rinse it **very** gently with warm salt water (1 tbs salt to a glass of water). Repeat this several times a day for two days. Salt water can be alternated with Chlorhexidine mouthwash dispensed from our office after 24 hours.
 3. Keep fingers and tongue away from sockets.
 4. **Bleeding.** It is normal for the saliva to be slightly streaked with blood for 2 days. Heaviest bleeding will occur immediately after appointment. Continue biting on gauze for 8-10 hours after appointment. **Tea Bags** are a wonderful alternative to gauze if they are available.
 5. Following dental surgery, it is very normal to experience some discomfort. Take the medication as prescribed. ***If severe pain persists after 2 days please call the office!!!***
 6. **Swelling and Stiffness.** It is normal and should not cause alarm. Apply ice to face as needed.
 7. **Diet.** A liquid diet or soft diet is advisable during the first 24 hours. Drink lots of fluid. Stay away from using straws!!!
 8. **Smoking.** You are absolutely restricted from smoking for the first 36 hours.
 9. **Medication.** Take the prescribed medication as instructed. Absolutely do not drive. After 2-3 days, start to wean yourself off the narcotic and take an NSAID (Non-Steroidal Anti-Inflammatory Drug) such as Ibuprofen (Advil or Motrin) or Naproxen Sodium (Aleve). Generics work just as well as name brands. Take the maximum allowed dose as prescribed on the bottle.
 10. Please contact the office if any undue symptoms develop. (575) 359-1011.
 11. Other.
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