Patient Name: [Patient Name]

Date of Procedure: [Date]

Procedure: Complex Tooth Extraction (Tooth #[Number])

Post-Operative Discharge Instructions

1. Bleeding

Keep the gauze pad in place for 30-45 minutes after leaving the clinic. If bleeding continues, replace it with a fresh, folded gauze pad and bite firmly for another 30 minutes. Some oozing is normal for the first 24 hours.

2. Blood Clot Protection

To prevent "Dry Socket," do not disturb the extraction site. For the next 24 hours:

- Do not spit forcefully.
- Do not drink through a straw.
- Do not smoke.
- Do not rinse your mouth vigorously.

3. Pain Management

Take prescribed pain medications before the local anesthesia wears off. If no specific medication was prescribed, Ibuprofen or Acetaminophen may be used as directed on the packaging.

4. Swelling and Bruising

Swelling is expected after a complex extraction. Apply an ice pack to the outside of the face in 20-minute intervals (20 minutes on, 20 minutes off) for the first 24 hours. After 48 hours, switch to warm compresses.

5. Diet

Drink plenty of fluids. Eat soft foods such as yogurt, pudding, or lukewarm soup once the numbness has worn off. Avoid hot, spicy, or crunchy foods for several days. Chew on the opposite side of the mouth.

6. Oral Hygiene

Brush your other teeth gently. After 24 hours, begin rinsing your mouth 3-4 times a day with warm salt water (1/2 teaspoon of salt in a cup of warm water).

7. Activity

Rest for the remainder of the day. Avoid strenuous physical activity or heavy lifting for 48 hours, as this can increase bleeding and swelling.

When to Call the Clinic

Contact us immediately if you experience:

- Severe pain that does not respond to medication.
- Uncontrolled bleeding that fills the mouth.
- High fever or chills.
- Difficulty breathing or swallowing.

Emergency Contact: [Phone Number]