



## POST-OP INSTRUCTIONS FOR EXTRACTION

1. Continue to take prescription and over the counter medications as directed.
2. Have a light schedule for the next 48 hours. No exercise or strenuous activities.
3. Please brush gently when getting close to the area, avoid the area.
4. Avoid oral rinses for 48 hours.
5. If prescribed an antibiotic, please continue to take as directed. We recommend probiotics be taken daily with antibiotic use.
6. We will provide ice packs. Use it on and off every 20 minutes until bedtime.
7. Take any pain medications as directed for the first 24 hours and then as needed.
8. Decrease or minimize smoking as this can prolong healing. If you must smoke, cover the area with wet gauze.
9. Avoid extremely hot temperature food or drink and do not eat spicy, crunchy, or acidic foods or drinks, also avoid seeds for the first 48 hours.
10. Avoid straws for 48 hours after surgery and no spitting as this can dislodge the clot.
11. Avoid alcohol, coffee, and black tea for 48 hours after surgery.
12. Use an extra pillow and keep your head elevated the first 24 hours after surgery.
13. Use an old pillowcase or cover pillow with towel to avoid stains.
14. No nose blowing for 48 hours after surgery. Use Afrin as needed. If you need to sneeze, you must sneeze with your mouth open.

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Please call our office or Dr Mark Barr with any questions or concerns  
Office (404) 724-5776 Dr Mark Barr (404) 295-0289  
Thank you for trusting our services!