

**Dry Socket:** This is a process by which a blood clot is lost or never fully forms in the extraction site. Sucking on straws, drinking carbonated beverages, spitting, birth control pills, and especially smoking contribute to this. A dry socket is defined by increasing pain in the extraction site approximately three - five days after the extraction. The pain is a constant throbbing, especially at night, that is not controlled with the medications. If left alone, they will resolve on their own in about seven to ten days and will heal without complications. They can be treated in the office with gentle irrigation and placement of a medicated pack that will help with pain control while the site heals. It is normal for the socket to be open and fill in slowly.

**Sutures/Stitches:** These are often, but not always, placed when an extraction occurs. They will dissolve and fall out on their own. This may occur within one to seven days. Do not be concerned if a stitch comes out early. If a stitch becomes loose and is hanging down, just snip the stitch off. You can always call for reassurance.

**Numbness:** You may be numb for up to 12 hours after the surgery due to the local anesthetic. Be sure not to bite your lip, cheek, or tongue.

**Mouth Care:** Do not brush the area after the surgery until the following day. You can start with gentle rinsing the evening of the surgery, gentle brushing the following day. You can rinse with a salt water solution of 1/2 teaspoon of salt in six to eight ounces of warm water after meals and before bed. You can do this for any timeframe from one to seven days. Do not use a Water-Pik or syringe until instructed to do so.

**Adjacent Teeth:** Teeth adjacent to the extraction site(s) may feel sore, sensitive or loose for a short period, usually ranging from one to two weeks after the extraction(s). This will usually resolve without any treatment.

**Bone Spicules:** These can occur after any extraction and are small fragments of bone from the edges of the extraction site. They break away from the edge and work themselves out much like a splinter. Typically, they are self limiting but sometimes they need to be removed.

**Driving/Operating Equipment:** Be advised that you may not do these activities for 24 hours after receiving IV sedation/General anesthesia and while taking narcotic pain relievers.

Take good care of yourself. Plenty of good nutrition, fluids, rest, ice, and head elevation. Any problems, questions, or concerns, please call the office at 505-554-2575. After hours and weekends, there is an answering service that will contact us, so you can reach us at any time.

**THANK YOU!**