



Oral Surgery  
After Care Instructions  
Justin McKinlay, DDS

# A1 DENTAL SERVICES

## After Care Instructions:

- Some amount of pain, swelling, and bleeding is normal after an extraction. It is common to have pain that is worse on day 2 or 3, and to ooze blood for up to a few days during healing.
- Do not smoke. Replace damp, sterile gauze until bleeding stops. Apply ice packs every 15 minutes. Don't apply heat. Take 3 x 200 mg ibuprofen and 2 x 500 mg acetaminophen TOGETHER every 6 hours. Substitute prescription pain medicine for acetaminophen if needed for additional pain relief.
- 24 hours after surgery: eat soft foods that are easy to rinse out. Rinse for 30 seconds with warm salt water after meals for one week after treatment.
- Call A1 Dental Services or Dr. McKinlay directly after hours if you have golf ball sized swelling, difficulty swallowing or breathing, or notice excessive bleeding. If you are unable to contact Dr. McKinlay, please seek emergency care.