

# Tooth Extraction: Post-Operative Medication Guide

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## How can I manage my pain after tooth extraction?

- To best control your pain, we recommend taking **acetaminophen and ibuprofen** together every 6 hours (unless your doctor advises against this based on your medical history and condition).
- Your pain control plan may include a **narcotic** pain medication. Narcotics are pain relief medications that also have side effects like sleepiness and a risk of addiction. Because of this, it is important you only take this when necessary for severe pain immediately after your tooth extraction.
- To help with pain and swelling, you can also use **ice packs** starting immediately after your tooth extraction. You can use the ice pack for 15 minutes on your cheek and 15 minutes off (or move the ice pack to the other cheek every 15 minutes).

## What do I need to know about using narcotic medication?

- This may not be prescribed for your procedure.
- Some side effects of using narcotics may include:
  - Nausea or vomiting
  - Constipation (having few or difficult bowel movements)
  - Headache
  - Legal impairment (being unable to sign legal documents, make major life decisions, drive, or operate heavy machinery)
  - Risk of addiction
- It is important to safely dispose of (get rid of) any extra narcotic pills you don't use. You can find safe disposal locations near you at:  
[safe.pharmacy/drug-disposal](https://www.safepharmacy.com/drug-disposal)

## What is my schedule for taking pain medication?

If you are prescribed pain medications, you can **start taking them immediately** after you pick them up from your pharmacy.

- If you receive Toradol® through an IV (a needle inserted into your vein) during your procedure, our staff will tell you and you will skip the first dose of ibuprofen (you can still take acetaminophen right after the procedure). You can start taking ibuprofen 6 hours later, with the second dose of pain medication for the day.

You can use the following tables to keep track of your pain medication use for 3-5 days after your tooth extraction. Write down the time you take your medications and how much you take.

<b>Day 1</b>			
<b>Time</b>	<b>Acetaminophen (Tylenol®)</b>	<b>Ibuprofen (Motrin®)</b>	<b>Narcotic (only as needed, if prescribed)</b>

<b>Day 2</b>			
<b>Time</b>	<b>Acetaminophen (Tylenol®)</b>	<b>Ibuprofen (Motrin®)</b>	<b>Narcotic (only as needed, if prescribed)</b>

<b>Day 3</b>			
<b>Time</b>	<b>Acetaminophen (Tylenol®)</b>	<b>Ibuprofen (Motrin®)</b>	<b>Narcotic (only as needed, if prescribed)</b>

<b>Day 4</b>			
<b>Time</b>	<b>Acetaminophen (Tylenol®)</b>	<b>Ibuprofen (Motrin®)</b>	<b>Narcotic (only as needed, if prescribed)</b>

<b>Day 5</b>			
<b>Time</b>	<b>Acetaminophen (Tylenol®)</b>	<b>Ibuprofen (Motrin®)</b>	<b>Narcotic (only as needed, if prescribed)</b>

## How else can I care for my mouth after tooth extraction?

### Mouth rinses

You can start using chlorohexidine gluconate oral mouth rinse (if your doctor prescribes it) or saltwater rinses on the first day after your tooth extraction.

- Gently swish the rinse in your mouth, then lean over the sink and open your mouth to let the rinse drain out when you're done (do not spit).
- Rinse after every meal for 1 week after your tooth extraction.

### Eating soft foods

- Immediately after your tooth extraction: **only eat soft cold foods** (like smoothies, slushies, milkshakes, applesauce, Jell-O, pudding)
- 1-5 days after your tooth extraction: **eat soft warm and soft cold foods** (like eggs, mashed potatoes, soup, ground meat)

### Preventing dry socket and sinus issues

- Do not use straws.
- Avoid smoking and vigorous rinsing, spitting, or swishing.
- If you have to sneeze or cough, do so with your mouth open.

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