

**HAMID GIAHI DDS.**  
**Post-Extraction and Oral Surgery Care Instructions**

**EATING**

- Wait until numbness has completely subsided before eating.
- Avoid chewing on the extraction site.
- Refrain from eating hot or spicy foods the first 3 days.
- Take care to prevent food particles from entering the extraction site.
- If sutures (stitches) are present, avoid biting or chewing in that area to prevent disrupting the stitches.

**DRINKING**

- Do not use a straw; suction can cause bleeding.
- Avoid vigorously swishing liquids in your mouth, which may dislodge the clot and cause bleeding.
- Refrain from hot beverages; cold liquids can help reduce or prevent bleeding.

**SMOKING**

- Avoid smoking for at least 24-48 hours after surgery, as it can interfere with healing.

**SPITTING**

- Do not spit for the first 24 hours, as it may cause bleeding.
- Instead, let saliva and blood passively drain from your mouth into a sink.

**BLEEDING**

- Light bleeding is normal for the first 24-36 hours.
- If bleeding persists beyond this or you notice a large blood clot (bulging like a small mound) at the extraction site, contact our office immediately.

**PAIN MANAGEMENT**

- Mild to moderate pain is normal and can be managed with medications prescribed by your dentist.
- Only take medications as directed by your dentist or medical doctor.

**ORAL HYGIENE**

- Do not brush or floss the surgical site, but clean the adjacent teeth and the rest of your mouth as usual to prevent infection.

**PHYSICAL ACTIVITY**

- Avoid heavy activities, such as lifting, jogging, or exercising, for the first few days.

**STITCHES**

- Your dentist should remove stitches within 5-7 days.
- Avoid pulling your lip or cheek to examine the area, as this may displace the sutures.

**MEDICATIONS**

- Complete the full course of any prescribed medications, especially antibiotics, to ensure effectiveness.
- Consult your dentist before stopping or adjusting any medications.

**ALLERGIES AND SENSITIVITIES**

- If you experience unusual symptoms such as itching, redness, swelling, pain, or nausea after taking medication, contact our office or your medical doctor immediately, as these could indicate an allergic reaction.

Dr. Hamid Giahi  
2250 Long Beach Blvd, Long Beach, CA 90806  
(562) 981-7000