

# POST-OP INSTRUCTIONS EXTRACTIONS

Follow these instructions carefully to ensure the successful healing of your tooth extraction.

## When to call us

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond two or three days
- A bad taste or odor in your mouth
- A reaction to the medication



**During the first 24 hours** ---It is important that blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Bite on a gauze pad firmly for 30-60 minutes blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal; however after 1 hour, repeat with a clean gauze pad if oozing is profuse. The site could ooze for as long as 24 hours
- Don't spit, and don't suck on candies or through a straw.
- Don't rinse your mouth, and don't brush or floss next to the site.
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- Don't sneeze or cough, so have sinus or allergy medication on hand if necessary.
- Limit yourself to calm activities and elevate your head with pillow when you lie down to reduce bleeding.
- Don't drink hot, carbonated, or alcoholic drink, and avoid hot or spicy foods.

**To control discomfort**, take pain medication before the anesthetic has worn off or as recommended.

## To keep swelling to a minimum

- Use an ICE bag over the area 20 minutes on and 20 minutes off.
- When the Numbness has worn off completely, drink lots of fluids and eat only soft nutritious food, chewing on the opposite side.

## After the first 24 hours

- Begin to eat normally as soon as its comfortable.
- Resume brushing and flossing, but clean gently around the site for about a week.
- If antibiotic were prescribed continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Reduce soreness or swelling by applying moist heat. Swelling usually starts to go down after 48 hours.
- Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about one teaspoon of salt per glass of warm water. Rinse two to three times a day for the week following the extraction.