

POST OP INSTRUCTIONS FOR EXTRACTION

Please follow the following instructions to ensure the successful healing of your tooth extraction:

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

- Bite on a gauze pad firmly for 30-40 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 40 minutes, repeat only 1 or 2 times with a clean gauze pad.
- Do not spit, and do not suck on candies or through a straw.
- Do not rinse your mouth, and do not brush or floss next to the site.
- Do not smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- Do not sneeze or cough, so have sinus or allergy medication on hand if necessary.
- Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- Do not drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.

To control discomfort: Take pain medication before anesthetic has worn off or as recommended.

To keep swelling to a minimum: Use an ice bag over the area, 20 minutes on 20 minutes off.

When the numbness has worn off completely: Drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.

After the first 24 hours:

- Begin to eat normally as soon as it comfortable.
- Resume brushing and flossing, but clean gently around the site for about a week.
- If antibiotics 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.

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.