



POST-OP INSTRUCTIONS FOLLOWING 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 experience any of the following:

- 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 a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed up the healing process. To avoid the pain of dry socket:

- Bite on a gauze firmly for 20-30 minutes. Some oozing of blood is normal. However, after 1 hour, if oozing of blood is still profuse, repeat with a clean gauze.
- Do not spit & 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. Avoid tobacco for at least 72 hours because it slows the healing process.
- Do not drink hot, carbonated or alcoholic drinks.
- Limit yourself to calm activities.

After the first 24

Hours

To control discomfort, take pain medication before the anesthetic has worn off.

- To keep swelling to a minimum, use an ice bag over the area for 20 minutes on and 20 minutes off.
- When the numbness has worn off completely, drink lots of fluids and eat only soft foods, chewing on the opposite side.
- 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 2-3 times a day for the week following the extraction.