

## Tooth Extraction Post-Operative Instructions

**Bite on gauze for 30 minutes** to stop any bleeding. If bleeding continues, place gauze and continue to apply pressure. Some people stop bleeding quickly and some stay longer.

### **No smoking or negative pressure for 5 to 7 days**

- Drink through a straw
- Drink alcohol, carbonated beverages (pop), or hot liquids
- Blow your nose
- Spit excessively
- Don't rinse your mouth

Any of these things may cause the blood clot over the surgery to dislodge from the "socket" causing a "dry socket".

You will start to feel a lot better after the extraction. But if you start feeling a throbbing pain (almost like a toothache) after the third day, that means you have a dry socket. Should this happen, **call the office** to see the doctor as soon as possible

**Do maintain a soft diet** for the remainder of the day, things like soups, spaghetti, etc. Avoid spicy or crunchy food like potato chips and peanuts. Chewing should not be done at the extraction site.

**If your pain, discomfort, or bleeding continues or worsens**, you will start to feel a lot better after the extraction. But if you start feeling a throbbing pain (almost like a toothache) after the third day. Call the office for re-examination.

**Take medication before anesthetic wears off**, so that you experience minimal discomfort.

**Tomorrow morning, start rinsing gently with warm salt water**, (1/2 teaspoon of salt to 1 cup of water) every four hours for two days.

**Some swelling and skin bruising may occur.** A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected areas for about 15 to 20 minutes of every hour for the next 6 hours.

**During healing you may notice small bony fragments** working their way through the gums. We can easily remove them if they are too annoying.

**If any problems or questions do arise, please feel free to call our office.**