

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.