

POST-OPERATIVE SERIES

## Patient Instructions--

# Extractions

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

### Before the procedure

**Schedule some time off**, so you can take it easy for several days after your tooth extraction.

**If you are a woman taking birth control pills**, schedule your appointment during the last week of your cycle.

**Arrange to have a friend or family member drive you home.**

**We may recommend that you take an anti-inflammatory medication before your appointment.**



*Follow our instructions carefully*

### When to call us

It's 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

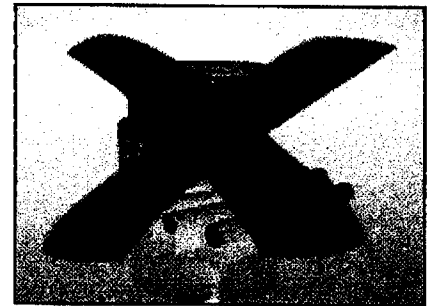
**It's important that a blood clot forms** on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Bite on a gauze pad firmly for 45 to 60 minutes. If bleeding or oozing continues, bite down on a clean pad or moist tea bag for 45 to 60 minutes.
- 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 pillows when you lie down to reduce bleeding.
- Don't drink hot, carbonated, or alcoholic drinks, 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 foods, chewing on the opposite side.



*Don't smoke*

### After the first 24 hours

**Begin to eat normally** as soon as it's 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.