

# **POST EXTRACTION INSTRUCTIONS**

Extraction wounds usually heal quickly and without complications if you take simple precautions. A blood clot must form in the tooth socket for the area to heal, so it is very important to avoid activities which would disturb the clot.

- DO NOT create suction in your mouth!
- DO NOT Smoke!
- DO NOT rinse vigorously or drink through a straw for at least 24 hours after the extraction!

## **Rinsing Your Mouth/ Eating / Drinking**

While you should not rinse your mouth vigorously for at least 24 hours, it is important to clean your teeth. Continue to brush your teeth at least twice a day. This will help the wound to heal and resist infection. It will also eliminate the bad breath and taste that is common after an extraction. Just be very careful when brushing near the extraction site so you do not disturb it.

After the first 24 hours, rinse very gently after meals with warm salt water (1 tsp. salt in a cup of warm water). This will keep food particles out of the extraction site and help it to heal better.

- Avoid alcoholic beverages and hot liquids for 24 hours
- Eat soft foods
- Avoid all aspirin products for 24 hours
- Drink lots of liquids
- Do not drink using a straw
- If you are taking pain medication make sure that you do not take it on an empty stomach

## **Bleeding**

The extraction site may bleed for a couple of hours. Even a day later, the area may ooze a bit. The following instructions will help you control any bleeding that may occur.

- Fold a piece of damp gauze into a pad thick enough to bite on and place it gently on the bleeding area.
- Bite down on the gauze so there is pressure on the bleeding area. Do not chew on the gauze.
- Maintain this pressure for 20- 30 minutes. Repeat if needed. If still not under control please call the office. If after hours listen to the recording it will give you the doctors phone #, call him to get further instruction.
- You may want to spit out the saliva once in a while, do not suck on the extraction site. (remember, a lot of saliva and a little blood may look like a lot of bleeding)

## **What to do for swelling or pain**

Some swelling may occur. You may also be uncomfortable for a little while after the anesthetic wears off. You can prevent swelling and pain by applying cold to the affected side of the face immediately after the procedure. You may use an ice pack or a cold moist cloth; this should be done for the first 24 hours. For pain you should take some type of pain medication whether you have a prescription or over the counter medication before the numbness wears off (see below). It's much easier to keep pain under control doing it in this manner.

The best remedy for pain is to catch it before it catches you. We recommend Ibuprofen – Take 4 tabs (800mg) every 4-6 hours as needed for pain not to exceed 16 tablets (3200mg) per day. If allergic to aspirin or NSAIDs then take Acetaminophen – Take 3 tabs (975mg) every 4 hours as needed for pain not to exceed 18 tabs per day. We find that the Ibuprofen works better than the prescription medications as long as you keep it in your system.

Please remember, if you have any continuous bleeding, excessive swelling, fever, continuous or severe pain, you need to contact the office immediately.