



Post Op Instructions for Tooth Extractions

Please follow the instructions below to ensure proper healing. After an extraction, it's important for a blood clot to form in order to stop the bleeding and begin the healing process. Once the blood clot forms it's important to protect it, especially for the next 24 hours.

CONTROL BLEEDING:

- Bite on gauze pad for 45 minutes after the extraction.
- Replace gauze or damp tea bag over area if bleeding/oozing continues for an additional 30.
- You may need to continue this for up to 2 hours.
- Lie down, rest and keep head elevated until bleeding stops.

MANAGE DISCOMFORT AND PAIN:

- Take pain medication as recommended. Do not take on an empty stomach as nausea may result.
- Take antibiotic medication for prescribed length of time even if all symptoms and signs of infection are gone.
- Place a towel covered ice bag on face (20 minutes on, 20 minutes off) Can continue for several days.
- Swelling usually begins to subside within 48 hours.
- Limit yourself to calm activities for 24 hours; this keeps your blood pressure lower and reduces bleeding.
- Drinks plenty of fluids.
- Eat only soft, nutritious foods.

DO NOT ENGAGE IN THE FOLLOWING FOR A MINIMUM OF 24 HOURS:

- **Smoking**
- **Spitting**
- **Sucking through a straw**
- **Rinsing your mouth vigorously**
- **Consuming alcoholic, carbonated or hot beverages**
- **Strenuous activities**
- **Eating hard difficult to chew or spicy foods**
- **Clean teeth next to the extraction site**

The above activities could possibly dislodge the clot and slow down the healing.

AFTER 24 HOURS:

- Resume your normal dental cleaning routine including brushing your teeth, tongue and flossing.
- Your normal eating routine with caution in the extraction site area or as soon as it is comfortable to do so.
- **Gently** rinse with warm salt-water 3 times a day (teaspoon of salt in warm (not hot) water, **gently** rinse- swish - spit)

CALL OUR OFFICE IMMEDIATELY IF:

- Heavy bleeding persists
- Severe pain occurs
- Excessive swelling continues after 2 – 3 days
- You have a reaction to any medications prescribed
- Any condition arises that appears unusual

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