

# 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 a few days after your extraction.

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

### 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.



*Follow our instructions carefully*

### 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 14 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 for 24 hours.
- ✓ Don't smoke or use tobacco. Avoid using for 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 anesthetic wears off.

**To keep swelling to a minimum**, use an ice bag over the area, 20 min. on and 20 min. off.

**When the numbness has worn off**, drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.

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.

*Don't Smoke*

**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.