

# After Care Instructions: Extractions

MARCH 2022

## AFTER TOOTH EXTRACTION

After a tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. After the blood clot forms, it is important not to disturb or dislodge the clot as it aids in healing.

We will ask you to bite on a gauze pad for 5-10 minutes after the appointment while in the office. If bleeding or oozing still persists, place another gauze pad and bite firmly for another 10 minutes.

Once you are home, begin rinsing with luke-warm diluted salt water 3 hours after your extraction. Do not rinse too vigorously.

Avoid sucking on straws, drinking carbonated beverages, smoking, or brushing the teeth next to the extraction site for 24 hours.

Limit vigorous exercise for the next 24 hours.

Use an ice pack or an unopened bag of frozen peas or corn to reduce discomfort and swelling. Swelling usually subsides after 48 hours. The ice packs should be applied 15 minutes on and then 15 minutes off for maximum benefit.

Use the pain medication as directed. Call the office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

## EATING

Drink lots of fluid and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable. However you will need avoid these food items until the tissue has healed completely:

- Nuts and seeds
- Food items with hulls
- Spicy, sour & hot foods
- Chips
- Raw vegetables

## RESUME YOUR NORMAL DENTAL ROUTINE AFTER 24 HOURS

This includes brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

**If you have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately.**



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