



Post-op Instructions — Tooth Extraction

You may experience the following symptoms after an extraction:

1. Do not disturb the area

For the next few days, and especially the first 24 hours, it is very important to let your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from going near the wound (crunchy food, toothpicks, eating utensils). Chew on the opposite side for 24 hours.

2. Bleeding

When you leave the office, you might be biting on a gauze pad to control bleeding. Keep slight pressure on this gauze for at least 30 minutes. Don't change it during this time; it needs to stay there while a clot forms where the tooth was pulled. After 30 minutes, you may take it out. You may bite on another gauze pad or a tea bag for another 30 minutes if you feel it is still bleeding. A little bit of blood in your saliva can make your saliva look quite red. This is normal and can happen for the rest of the day after the procedure.

3. Pain

Some discomfort is normal after surgery. Before the anesthesia wears off, take 2 Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime. It is also important to follow the instructions on the label if pain medicine is prescribed. Don't take more than the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or using heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medicines.

4. Nausea

This usually happens when taking pain medicines on an empty stomach. Reduce nausea by taking each pain pill with soft food and a large glass of water.

5. Swelling

To make the swelling go down, put an ice bag on the face over the affected area. Keep it there for 15 minutes, then then take it off for 15 minutes. Continue this for the rest of the day.

6. Numbness

The local anesthetic will make you be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. After an extraction, you may feel lingering numbness or tingling for six weeks or longer.

Also, please be careful in doing these activities after your extraction

1. Brushing

Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but for 3 days, avoid the area where the tooth was pulled.

2. Rinsing

Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can delay a healing blood clot from forming, which is very important to proper healing. This could cause bleeding and risk of dry socket. After 24 hours, you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon baking soda + 8 ounces warm water). Do not use over-the-counter mouth rinses.

3. Diet

Eat soft foods for the first two days. Keep a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

4. Activity

After leaving the office, rest and avoid strenuous activities for the rest of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

5. Smoking

You should stop smoking after getting a tooth pulled. Cigarette smoke chemicals in your body

slow down the healing and success of the extraction. Also, the suction created when inhaling cigarettes can dislodge the clot. Smokers are also at greater risk of developing a painful dry socket.

6. Antibiotics

If you were given an antibiotic prescription, take all of them as directed until they are gone.

Women: Some antibiotics can make birth control pills not work as well.

7. Sinus

If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. You might want to use decongestant medicine.

8. Follow-up appointments

You may need to return to the office to have sutures removed or for a short follow-up healing check.

Please call your dentist if you have:

1. Uncontrollable pain
2. Excessive or severe bleeding
3. Marked fever
4. Excessive warm swelling happening a few days after the procedure
5. Reactions to medicines, especially rash, itching, or breathing problems

We want you to heal quickly once you leave our clinic, so we suggest following these instructions properly. These will make you feel more comfortable and help you avoid problems after the procedure.