

## Post Operative Instructions-Tooth Extraction

### Be Kind To Yourself

#### Bleeding:

Gauze may be placed on the extraction site to limit bleeding. This gauze should be left in place for 20 minutes after you leave the dentist's office. There may be some bleeding or oozing after the pack is removed.

Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad with clean, warm water and place it directly on the extraction site. Apply moderate pressure for about 20 minutes. Repeat for 2-3 hours. If heavy bleeding continues, call the office at 883-6546.

#### The Blood Clot:

After an extraction, a blood clot forms in the tooth socket. This clot is an important part of the normal healing process. You should avoid activities that might disturb the clot.

Do not smoke, or rinse your mouth vigorously, or drink through a straw for 24 hours.

Avoid alcoholic beverages or mouthwash containing alcohol for 24 hours.

Do not clean the teeth next to the healing tooth socket for the rest of the day. You should, however, brush and floss your other teeth thoroughly. Gently rinse your mouth afterward. You can use warm salt water (half a teaspoon salt in an 8 oz. glass of water).

#### Medication:

Often times Tylenol and/or Ibuprofen (Advil) is sufficient for pain (assuming you can take these OTC medications). Alternating these medications can also be quite effective.

Example: 12:00pm (600mg Ibuprofen), 3:00pm (325mg Tylenol), 6:00pm (600mg Ibuprofen), etc.

\*\*If taking a prescription pain killer that has Tylenol (acetaminophen) in it, additional Tylenol should be avoided as this is potentially dangerous to your liver.

If medication has been prescribed to control pain and prevent infection, use only as directed. If you have any difficulties with the medication, call 883-6546.

#### Swelling:

After a tooth is removed, you may have some discomfort and notice some swelling. You can help reduce swelling and pain by applying cold compresses to your face or biting on crushed ice wrapped in a clean face cloth/paper towel.

#### Diet:

After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid hot liquids and alcoholic beverages. Begin eating solid foods the next day or as soon as you can chew comfortably. For the first few days, try to chew food on the side opposite the extraction site. When it feels comfortable, you can resume chewing on both sides of your mouth.

#### Follow Up:

If you have sutures that require removal, you will be given an appointment. If you have any questions or concerns, please do not hesitate to call the office at 883-6546