



(Smile. It's good for you!)

Post-Operative Instructions: Home Care Following Extractions (removal) of a Tooth

- The initial healing period usually takes 1 to 2 weeks, and you will likely experience some swelling for the first 24 hours.
- The anesthetic used typically leaves your lips, teeth, and tongue feeling numb after the appointment. Avoid chewing for 2 hours following surgery, or until the numbness has completely worn off.
- Limit diet to soft foods like yogurt, soups, ice cream or mashed potatoes for 2 days.
- Keep hydrated with water and fruit juice.
- Some discomfort after the extraction the extraction is normal. Ibuprofen or acetaminophen is usually sufficient. Prescription medication can be given if needed.
- Avoid aspirin, this this things the blood.
- To avoid nausea, do not take pain medication on an empty stomach.
- To decrease pain and swelling apply an ice pack 20 mins ON 20 mins OFF for 6 hours following the extraction.
- A blood clot will form in the extraction site, this is vital to the healing process. Avoid dislodging blood clot.
 - No drinking liquids through a straw and do not spit vigorously for 3 days
 - Do not use tobacco or smoke for 3 or more days if possible
 - Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication
 - Allowing food particles to pack into the tooth's socket should be avoided.
- Do not rinse your mouth after surgery on the first day.
- After the first day you can rinse gently with mouthwash or a warm salt-water solution (dissolve 1 teaspoon salt with 1 cup warm water), gently swish the solution around the affected area, and spit carefully. Repeat 2-3 times daily for 1 week following the extraction.
- If antibiotics were prescribed, continue to take them until the indicated length of time, even if all symptoms and signs of infection are gone.
- Relax as much as possible and avoid all strenuous activities for 24 hours following surgery.

Keep your head elevated with pillows to control bleeding. We will give you a supply of gauze sponges to place over the bleeding areas. Change the pad as necessary and use them until the bleeding stops completely. You can also but gently but firmly on a moist tea bag for 20 mins. Be sure to call our office if bleeding persists or increases. *Bleeding looks worse with saliva mixed*