

Post-Operative Instructions Extractions

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That is why we will ask you to bite on a gauze pad for 30-45 minutes after the extraction has been completed. If bleeding continues after you remove the gauze pad, place another moist gauze pad over the area and bite down firmly for another 30 minutes. You may have to complete this process several times. If bleeding persists place a moist tea bag over the area and bite down into tea bag for 30 minutes as the tannins in the tea leaves promotes clotting.

After the blood clot forms, it is important to protect the clot, especially for the next 24 hours.

DO NOT:

- Smoke or spit tobacco
- Suck through a straw
- Rinse your mouth vigorously
- Clean the teeth next to the extractions site for 24-48 hours

The above activities could dislodge the clot, slow down healing, or lead to a dry socket. **WHAT IS A DRY SOCKET???** Dry socket is a condition that is caused by the loss of a blood clot in the extraction site. The loss of the blood clot leads to an exposure of the bone causing significant pain in the extraction site.

Limit yourself to calm activities for the first 24 hours. This will help keep your blood pressure lower thus reducing bleeding and helping the healing process.

After the tooth is removed, you may feel some discomfort and have some swelling. You can use an ice pack on the area (20 minutes on, 20 minutes off) to help minimize the swelling. To control any discomfort you can take 600 mg ibuprofen (3 pills of Motrin or Advil or generic equivalent) every 6-8 hours, OR if you are not able to take ibuprofen take 1000 mg Acetaminophen (2 extra strength Tylenol or generic equivalent) every 6-8 hours for the next 2 days.

NOTIFY THE OFFICE IF:

- BLEEDING HAS NOT DECREASED AFTER 24 HOURS
- PAIN INCREASES AFTER SEVERAL DAYS
- IF THE ABOVE MEDICATIONS DO NOT RELIEVE YOUR DISCOMFORT
- NUMBNESS PERSISTS AFTER THE INITIAL 24 HOURS AFTER SURGERY

You can begin eating normally the next day, of it not then, as soon as is comfortable. GENTLY rinse your mouth with warm salt water three times daily (one teaspoon salt in full 8 ounce glass or warm water). Also, rinse gently after meals. This helps keep food out of the extraction site.

It is very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing. Please contact our office if you have heavy bleeding, severe pain, continued swelling, after 2-3 days or a reaction to any medications that may have been prescribed.

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