

## **Tooth Extraction** **Post Operative Instructions**

Tooth extraction is a minor surgical procedure. To promote healing, prevent complications and make yourself more comfortable there are a few simple rules to follow:

### **At Home:**

Immediately after an extraction, a gauze pack will be placed on the extraction site. This is done to limit bleeding and confine the blood while clotting takes place. This gauze should be left in place for 30-40 minutes. Do not change this gauze until this time frame has passed. If after 30 minutes there is bleeding from the site, take clean folded gauze and bite on it for another 30 minutes. It is the pressure of biting that will stop the bleeding. However, if heavy bleeding continues, call your dentist @ 276-9565.

### **The Blood Clot**

After an extraction, a blood clot forms in the tooth socket. It is important to avoid activities that might disturb the clot.

- Do not smoke or rinse your mouth vigorously, or drink through a straw for 24 hours. These activities create suction in the mouth, which could dislodge the clot and delay healing.
- Do not clean the teeth next to the healing tooth socket for the rest of the day.
- Limit strenuous activity for 24 hours after the extraction.

### **Swelling and Pain**

You may have some discomfort and notice some swelling. Over the counter medications such as **Tylenol** or **Advil** will usually take care of any discomfort. Cold compresses can be used to reduce swelling by applying 10 min. on 10 min. off. Extractions with a bone graft may need a combination of both. In this case you can take Motrin 800mg and then 2hours later take Tylenol 500 mg.

### **Diet**

After the extraction, drink a lot of liquids and eat soft nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. Avoid chips, crackers etc. during the first week.

### **Rinsing**

No rinsing for 48 hours. After that you can gently rinse with salt water .Do not rinse vigorously. Avoid using a mouth rinse or mouthwash during this early healing period.

### **Oral Hygiene**

It is important to continue to floss your teeth and brush thoroughly at least twice a day. On the day of the extraction, avoid cleaning the teeth next to the healing tooth socket.