



POST OPERATIVE INSTRUCTIONS: TOOTH EXTRACTION

- **BLEEDING:** It is normal to have some bleeding for a short time after the extraction. This can be controlled by maintaining firm pressure over the surgical site by biting on a gauze pack for a minimum of 2 hours, *changing the gauze every 10- 15 minutes* if needed. Slight bleeding may occur for 2 days. It is very important to keep pressure on the site to promote the formation of a healing blood clot. If you experience excessive bleeding for longer than 2 days contact our office.
- **AVOID SMOKING, SPITTING AND THE USE OF A STRAW!** These activities will create a suction action to the site. This may result in losing the healing blood clot and causing a dry socket.
- **RINSING:** Avoid rinsing your mouth for the first 24 hours. This includes using any mouthrinses or Listerine.
- **SWELLING:** Swelling and skin bruising may occur. A cold compress or ice pack applied to the cheek will keep this to a minimum. Place on area for 15 minutes, then off for 15 minutes. Continue for 2-4 hours. This will decrease any swelling or bruising that may occur. When lying down, your blood pressure increases, this may cause more pain and discomfort to the site. You can minimize this by propping yourself up with pillows at bed time.
- **PAIN:** A moderate degree of pain is expected after an extraction and should gradually subside as the area begins to heal. Most extractions can be managed with over the counter Ibuprofen. You can take 800 mg. every 6 hours as long as your medical history permits. Do not exceed 2400 mg of Ibuprofen in a 24 hour period. If a prescription drug has been provided, take the medication as directed on the label. **DO NOT TAKE ASPIRIN, AS THIS MAY CAUSE EXCESSIVE BLEEDING.** If you are currently taking a daily low dose aspirin for a heart or blood condition, you should continue your normal regiment.
- **DIET:** A soft and nutritious diet with plenty of fluids is recommended for the first 24 hours. Avoid alcoholic, carbonated and hot beverages; also refrain from eating any hot, spicy, hard or crunchy foods. Avoid foods with any little seeds. Chewing should be done away from the extraction site.
- **ACTIVITY:** For the first 12 hours, rest as much as possible and limit any strenuous activity. You may resume your normal routine the day after your extraction.
- **ORAL HYGIENE:** Good oral hygiene following an extraction will help prevent infection and is important to promote healing. Continue brushing and flossing as normal, avoiding the actual extraction site.

Feel free to call our office if any unusual symptoms should occur..

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