

POST EXTRACTION CARE

Drink lots of fluids on the day of the extraction.

Don't clean teeth next to extraction site for the first 24 hours.

DO NOT RINSE MOUTH TODAY: Tomorrow, rinse mouth gently every 3 to 4 hours (especially after meals) using 1 teaspoon of salt to a glass of warm water. Continue to rinse for several days.

Brushing Teeth: Brush your teeth the following day after extraction. Remember, a clean mouth is a happy mouth! Brush tongue and floss once a day.

Bleeding: Some bleeding following extraction is to be expected. Place a damp gauze on the affected area for 30-45 minutes at a time. If persistent bleeding occurs, place folded gauze pads or a moist tea bag over the bleeding area and bite down firmly for 1/2 hour. Repeat if necessary. Calm activity for the first 24 hours keeps your blood pressure low to reduce bleeding.

Swelling: If swelling occurs, an ice bag or chopped ice wrapped in a towel should be applied on the affected area of the face for 15 minutes on / 15 minutes off for 4 hours.

Pain: If you experience mild to average pain, use pain reliever such as Motrin, Advil or Extra Strength Tylenol (for children, use Children's Strength Formula) unless you are allergic to one of these medications. For more severe pain, use prescribed medication. Do not take these medications on an empty stomach.

Dry Socket: This is a dull, aching sensation that may occur 3-4 days after extraction. If this persists, please call our office so that we can medicate the extraction site.

Bony Edges: Small, sharp bone fragments may work up through the gums during healing. These are not roots. If they are annoying, please call us and we will see you for their simple removal.

Food: A soft diet is advisable for the first 24 hours. Do not drink through a straw, as this will loosen the clot formed over the extraction site.

NO SMOKING, NO ALCOHOLIC or Carbonated Beverages for 24 hours after extraction.

Antibiotics: If antibiotics have been prescribed for your case, you must take them as directed until they are all gone.

Sutures: If sutures were placed, they will dissolve in 3-4 days unless otherwise noted.

IF ANY UNUSUAL SYMPTOMS OCCUR, CALL THE OFFICE AT ONCE.