

## Post-Op Instructions

# EXTRACTIONS

Follow these instructions carefully to ensure the successful healing of your tooth/teeth extraction.

**WHEN TO CALL US:** It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- ❖ Heavy or increased bleeding
- ❖ Pain or swelling that increases or continues beyond 3 days
- ❖ A bad taste or odor in your mouth
- ❖ A reaction to any medication we prescribed

***During the first 24 hours it is important that a blood clot forms*** on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- ☒ Bite on gauze pad firmly for 30-60 minutes. Blood and saliva mix in the mouth and make the gauze look like there is more bleeding than there really is. Some oozing is normal, however, after 1 hour, repeat with a clean gauze pad if bleeding is profuse. The site could ooze for 24 hours.
- ☒ Do not spit, and do not suck on candies or through a straw.
- ☒ Be careful when brushing around extraction site.
- ☒ Do not smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows the healing.
- ☒ Do not sneeze or cough, so have sinus or allergy medication on hand if necessary.
- ☒ Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- ☒ Do not drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.

To control discomfort take pain medication if possible before anesthetic has worn off.

To keep swelling to a minimum, use ice bag over the area, 20 min on, 20 min off.

When numbness has worn off completely, drink lots of fluids and eat only soft nutritious foods, chewing on opposite side. Ex: Cottage cheese, scrambled eggs, mashed potatoes, protein shakes.

### ***After the first 24 hours:***

Begin to eat normally as soon as it is comfortable.

Resume brushing and flossing, but clean gently around the site for about a week.

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Reduce soreness or swelling by applying moist heat. Swelling usually starts to go down after 48 hours.

Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about one teaspoon of salt per glass of warm water. Rinse 2-3 times per day for the week following the extraction.

**If it any point pain or swelling develops or it becomes difficulty to breathe or swallow, call me immediately at 813-689-5098 or if after hours 813-244-3075.**