

POST EXTRACTION CARE AND INSTRUCTIONS

These are some basic instructions to help you with the care and maintenance of your mouth following an extraction. Following these instructions will ensure the best healing results.

- Do NOT drink carbonated drinks (coke, sprite, club soda etc...) NO drinking through a straw, this will promote bleeding and may dislodge the blood clot causing a dry socket. NO smoking, smoking will promote bleeding and interfere with healing. All these things done during the first 24-48 hours after an extraction can cause a very painful dry socket.
- Avoid all rinsing or excessive spitting for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours only if prescribed.
- **BLEEDING:** A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. When you leave the office, keep a steady pressure on the bleeding area by biting firmly on the gauze placed there by your doctor. Pressure helps reduce bleeding and permits formation of a clot in the tooth socket. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding.
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Tylenol etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call your dentist.
- **DIET:** For the first 24 hours after the extraction, a light diet is advised. Cold, soft food that do not require a lot of chewing, such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.

- **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.
- **DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc.).
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.

In case of problems

You should experience few problems if you follow the instructions and suggestions as outlined. But if you should have any problems such as excessive bleeding, pain, or difficulty in opening your mouth, call our office immediately for further instructions or additional treatment.

Remember your follow-up visit

It is often advisable to return for a postoperative visit to make certain healing is progressing satisfactorily. A follow-up visit will be scheduled for one week after surgery. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and visit your dentist for regular checkups.

***Remember to contact our office immediately if any unusual symptoms occur. If a problem occurs after hours or on a weekend, Please call the emergency number **(213) 447-2692**.