

WHAT TO DO AFTER YOUR TOOTH EXTRACTION

WHAT TO EXPECT:

Some discomfort, bleeding, bruising, and/or swelling is expected after having a tooth extraction. The following are guidelines to follow, which will help the healing and lead to a quicker recovery.

DISCOMFORT:

To reduce discomfort, take 2 tablets of over-the-counter Tylenol, Motrin, or Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If necessary, you can alternate Tylenol and Advil every three hours as needed for pain relieve. To avoid nausea, do not take any prescribed medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as directed to facilitate healing. If you were given a prescription for pain medication, take it as needed for severe discomfort only. Discontinue taking prescription pain medication after a few days or when no longer needed for severe pain and dispose of any remaining pain medication.

BLEEDING:

To reduce bleeding, place a gauze pad over the area and gently but firmly bite on it for 10-20 minutes. Replace gauze as necessary until active bleeding stops completely. You can use moist tea bags instead of gauze. Be sure to call us if bleeding persists or increases. To promote blood clotting, follow the following instructions for the next 24 hours.

- Keep your head elevated with pillows and avoid excessive activity for the next 24 hours.
- Avoid spitting, blowing your nose forcefully or using a straw.
- Do not smoke or drink alcoholic beverages for 24 hours to avoid a painful dry socket.
- Do not swish or vigorously rinse you mouth for the first 24 hours.
- To keep the blood clot intact, avoid touching the extraction site with your fingers or tongue.

SWELLING:

Swelling is anticipated following more difficult extractions. To minimize swelling, apply an ice pack to your face for 15 minutes on, then 15 minutes off for the first 6 hours following tooth extraction. You may continue ice compresses for the next 48 hours as needed.

DIET:

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, ice-cream, yogurts, cool soups and pasta. Drink at least eight large glasses of water or fruit juice per day for the first few days. Vitamin C aids in healing, therefore, fresh orange or tomato juices are excellent following surgery.

ORAL HYGIENE:

Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot, essential for proper healing, and lead to bleeding, infection, and dry socket. After 24 hours, you may begin to rinse gently with a saltwater solution (1 teaspoon salt per 8 ounces of warm water).

Do not brush the teeth next to the extraction site for the first 8 hours after surgery. Resume your normal home care the following day. Keeping the area food and plaque free is essential for normal healing.

ACTIVITY:

To promote healing, it is advised that you relax the day of the extraction and avoid any significant physical activity.

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.