



Extractions Post-OP Instructions

While your mouth is numb immediately following the dental procedure, be careful not to bite your cheek, lip or tongue.

Bleeding from surgical site may occur from time for several days following the procedure. You can help a blood clot to form by folding a piece of gauze big enough to bite on, dampen it with water and place it over the spot where the tooth is removed. Close with gentle pressure on the gauze for 15 to 30 minutes, repeat as necessary.

The formation of a blood clot is essential to uncomplicated healing of the site. The blood clot is very fragile for the first 24hrs since it will not form a hard scab in your mouth as it would on your skin.

THEREFORE:

- DO NOT suck on the area where the tooth was removed**
- DO NOT drink through a straw**
- DO NOT rinse vigorously or spit**
- DO NOT smoke (if you had a bad cut on your arm would you hold it over a camp fire to help it heal?)**

Do your best to leave the blood clot and surgical site undisturbed for 2 days following the procedure.

THEREFORE:

- AVOID Alcoholic drinks**
- AVOID Carbonated Drinks or Soda**
- AVOID Hot foods or liquid**
- AVOID Hard or crispy foods**

PAIN IN SWELLING

An ice pack may make the area feel better and reduce any swelling. Place the pack next to the area for no more than 15 minutes and repeat as needed. You may have been given prescription for pills and other medication to help with anticipated pain and swelling. Take as directed. Please be aware that it usually takes 30 minutes to an hour for pills to be absorbed by your system after swallowing them. Swallowing blood and taking pills on an empty stomach can make you feel nauseous (sick to your stomach). A little food will usually help ease such feeling. SEVERE NAUSEA is NOT an allergy to medication; it is poor tolerance for medication.

TAKE CARE OF YOURSELF

Return to gently brushing and flossing your teeth the day after procedure. You may brush your tongue and the roof of your mouth to help reduce and unpleasant taste. Just rinse very gently for several days afterward. Warm salt water works and feels the best. (1tsp of salt to 8oz of water).

YOU SHOULD KNOW

Healing of soft tissue takes about 10 days to weeks. Healing of the hard bone tissue takes 6 to 8 weeks. So the extraction site will "skin to skin" in a few weeks and then the bone underneath will fill in and shrink down and the area will smooth over in a few months.

IF BLOOD CLOT IS LOST AND DOES NOT FORM

You may develop what is called a dry socket, where the bony hole is exposed or not covered and this can be very uncomfortable. It is usually characterized by a deep throb or ache where the tooth was removed. This too will heal and may require additional medication or treatment in an effort to keep you comfortable while it does.

PLEASE CONTACT THE OFFICE IF YOU HAVE ADDITIONAL QUESTIONS AND CONCERNS