

Extractions Post-Operative Instructions

- Immediately following a tooth extraction, keep pressure on gauze for at least **30 MINUTES**. Replace gauze as needed during those 30 minutes
- If bleeding persists after 1 hour, wet a tea bag under cold water and place it over extraction site for 15 minutes. This tastes terrible but often works.
- To reduce swelling, place ice packs over the side of your face next to extraction site, 15 minutes on and 15 minutes off, for the next 24 hours.
- For the next 24 hours, **do not smoke, do not rinse your mouth vigorously, do not drink through a straw, and do not spit**. These activities will disturb the formation of the blood clot, and can lead to a dry socket.
 - Avoid mouth rinses containing alcohol or peroxide for 48 hours
 - Drink plenty of liquids and maintain a balanced diet, but you may be limited to soft foods in the early stages of healing. Avoid soft drinks and acidic beverages.
 - Brush and floss like normal, but avoid the extraction site until the day after surgery. If stitches were placed, avoid the extraction site for 3-4 days.
- On the day following surgery, begin rinsing gently with salt water (1/2 tsp salt in one 8oz glass of warm water).
 - Take medication as directed by the dentist
 - Caution smokers: Smoking interferes with healing. Discontinue smoking for as long as possible. Smoking often leads to dry sockets after extractions, which can be every painful and slow to heal.
- **If after surgery you are concerned or have additional questions, please call us immediately at 293-9300. We will make every effort to see you as soon as possible.**