Post-Op Instructions EXTRACTIONS

*Follow these instructions carefully to ensure the successful healing of your tooth 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 two or three days*
* *A bad taste or odor in your mouth*
* *A reaction to the medication*

***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 a dry socket:*

* *Bite on a gauze pad firmly for 30-60 minutes. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal; however after 1 hour if bleeding is* ***profuse,*** *repeat with a clean gauze pad for ½ hour. The site could ooze for as long as 24 hours.*
* *Don’t spit, and don’t suck on candies or through a straw.*
* *Don’t rinse your mouth, and don’t brush or floss next to the site.*
* *Don’t smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.*
* *Don’t 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.*
* *Don’t drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.*

***To control discomfort,*** *take pain medication before the anesthetic has worn off or as recommended.*

***To keep swelling to a minimum,*** *use an ice bag over the area, 20 minutes on and 20 minutes off.*

***When the numbness has worn off completely,*** *drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.*

***After the first 24 hours***

***Begin to eat normally*** *as soon as it’s comfortable.*

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

***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 two to three times a day for the week following the extraction.*

***Any further questions please feel free to call the office (585)544-7139 or after hours (585)704-9925***