

After Extractions

After tooth extraction, it's important for a blood clot to form to stop bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 1 hour after the appointment. After the first hour, you can remove the gauze and gently swish your mouth out with water. Do not spit, but hold your head over a sink and let the water flow out of your mouth. You can also use a damp wash cloth to gently clean your tongue. After doing this, if the bleeding or oozing still persists, place another clean gauze pad over the extraction site and bite firmly for another 30 minutes. You may have to do this several times. If bleeding persists after 2 to 3 hours, keep your head elevated and sit upright. You can even try using a moistened tea bag placed over the extraction site for 30 minutes to help control the bleeding. Overnight, it is normal for some blood to ooze from the area. If you notice excessive bleeding call our office or go to the nearest emergency room.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol, or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous physical activity for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

After the tooth is extracted you may feel some pain and experience some swelling. An ice pack applied to the area outside your mouth will keep swelling to a minimum for the first 24 hours following surgery. Ice packs can be applied 20 minutes on and 20 minutes off. Take pain medications as prescribed. The swelling usually subsides after 48 hours.

Use the pain medication as directed. Do not consume alcohol while taking pain medication. To avoid nausea, do not take pain medication on an empty stomach. If prescribed an antibiotic, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. (NOTE: some antibiotics may interfere with the effectiveness of birth control pills.) Drink lots of fluids and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable.

It is important to resume your normal dental routine 24 hours after surgery. This should include brushing and flossing your teeth at least once a day. This will speed healing and help your mouth feel fresh and clean. You may use a warm salt water rinse (1/2 teaspoon mixed with 8 oz. of warm water) for 3 to 4 times per day after the first 24 hours this will speed the healing process. Do not smoke for at least 48 hours after surgery. Smoking can cause the clot to break and bleeding to begin again. It can also cause a very painful condition called a "dry socket".

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, or continued swelling for 2 to 3 days, or a reaction to the medication, call our office immediately at **706-563-5516**.