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Post Operative Instructions Following Tooth Extraction

- After an extraction, gauze is placed over extraction site to apply pressure to prevent excessive bleeding and promote the healing of a blood clot for 30-45 minutes.
- Slight bleeding and oozing is expected and may continue after you remove the gauze. If so, replace gauze and apply pressure directly on extraction site.
- If heavy bleeding persists, call our office. Note that you can expect your saliva to be red with blood up to 24 hours after extraction.
- Following extractions, some swelling and skin bruising may occur. To prevent you may use a cold towel or ice packs 20 min on and 20 min off cheeks for the first 24 hours only. After 24 hours moist heat is recommended.
- Take all medications as prescribed.
- 24 hours after surgery, salt water rinses are used to clean site by rolling head from side to side. Open mouth and let water fall out. Do NOT swish hard with salt water to clean extraction sites and do NOT spit water out.
- You may brush teeth, but do not brush directly on extraction site.
- Wait until Bleeding has subsided before eating or drinking. This usually takes 30-45min after extraction. After drink lots of clear liquids and eat soft nutritious foods.
- If you have any problems or concerns, please do not hesitate to call our office.
- **DO NOT SMOKE** for the first 3-5 days.
- **DO NOT** drink through a straw.
- **DO NOT** rinse vigorously.
- **DO NOT** spit or cause any pressure that could dislodge clot from extraction site.
- **DO NOT** increase the recommended dosage of medication. If you are having any problems please contact the office and we will give you instructions on how to handle your problems.