

Extractions Post Operative Instructions

- Some discomfort after tooth extraction is normal. The initial healing period usually takes one to two weeks.
- Avoid chewing for at least the first two hours after surgery or until the numbness has completely worn off.
- Once the numbness is gone, it is important to take in nourishment. Consume easy to eat foods such as soups, yogurt, milkshakes, oat meal, or eggs. Keep a soft diet for the first two to three days. In addition, remember to take in plenty of fluid.
- Continue to take any antibiotic as prescribed to completion. Failure to complete an antibiotic properly can complicate or delay healing.
- To help control pain and minimize swelling, use an ice pack 20 minutes on and 20 minutes off for the first several hours after surgery. Do not continue with ice after this initial period.
- Bleeding will generally be present for some time after oral surgery. Initially, to control bleeding, bite on gauze pad for the first 20 to 60 minutes after extraction. The blood should slow to seeping or stop in the first two hours.
- If bleeding seems to be more than seepage, bite on a tea bag soaked in cold water for twenty minutes.
- A blood clot will form in a tooth socket in the first several hours. The clot is necessary for proper healing. To prevent damage or loss of the clot, avoid smoking for at least 24 hours. In addition, avoid drinking through a straw, avoid rinsing the mouth, and avoid cleaning the area with a tooth brush.
- Blowing your nose or sneezing can also dislodge a blood clot, and they should also be avoided if at all possible.
- After 24 hours, gently clean the surgical area by rinsing with warm salt water or with any post surgical rinse provided by your dentist.
- Use any pain relievers as prescribed by your dentist. Start using the medication before the dental anesthetic wears off. If you do not have or do not want to use a prescription strength pain reliever, then use non-aspirin over the counter pain medication such as ibuprofen (Advil) or Tylenol –as long as you do not have allergies or medical conditions that prevent using such pain relievers. Remember to have some food in the stomach when taking a pain medication to avoid nausea.
- If you experience any unusual problems, if bleeding has not stopped after 24 hours, or if pain and swelling worsen after 48 hours, contact the office for instructions.