

AZ FAMILY DENTISTRY

POST OPERATIVE INSTRUCTIONS AFTER A TOOTH EXTRACTION

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. This is why your dentist will ask you to bite on a piece of gauze for 30-45 minutes after the extraction. Bleeding and oozing may continue after 30-45 minutes. If this is so, (**wash hands thoroughly before doing this**) place another gauze pad on the extraction area and bite firmly for another 30 minutes. You may have to do this 2 -4 times. If despite these instructions if bleeding continues, bite on a moistened plain tea bag for 30 minutes. To minimize further bleeding, sit upright, avoid activity and remain calm. If bleeding still persists, call the office for further instructions.

AS SOON AS YOU GET HOME TAKE YOUR CURRENT GAUZE PAD OUT (WASH HANDS THOROUGHLY BEFORE DOING THIS) AND TAKE SOMETHING FOR PAIN (BEFORE THE ANESTHESIA BEGINS TO WEAR OFF) EITHER OVER THE COUNTER OR PRESCRIBED PAIN MEDICATIONS FROM THE DENTIST. IF ANTIBIOTICS ARE PRESCRIBED, CONTINUE TO TAKE THEM FOR THE INDICATED LENGTH OF TIME, EVEN IF SIGNS AND SYMPTOMS OF INFECTION ARE GONE. DO NOT TAKE MEDICATIONS ON AN EMPTY STOMACH OR NAUSEA MAY RESULT.

The first 24 hours are very important after a tooth is extracted.

DO NOT:

NO SMOKING

NO DRINKING THROUGH A STRAW

NO SPITTING THE DAY OF EXTRACTION

AVOID HOT AND SPICY FOODS AND THINGS WITH CORNERS (CHIPS)

AVOID HOT LIQUIDS, CARBONATED AND ALCOHOLIC BEVERAGES FOR 24 HOURS

RINSE YOUR MOUTH VERY CAREFULLY THE DAY OF THE EXTRACTION

BRUSH YOUR TEETH VERY GENTLY NEXT TO THE EXTRACTION SITE

These activities could dislodge the clot and slow down the healing process.

Limit yourself to calm activities for the first 24 hour. This keeps your blood pressure low, reduces bleeding and helps the healing process.

DO drink lots of fluid and eat nutritious **soft** foods on the day of the extraction such as, ice cream, mashed potatoes, jello, pudding, etc. (If you have a question about what to eat, please ask us!)

AFTER 24 HOURS:

You can begin eating normally the next day or if not by then, as soon as it is comfortable for you. Gently rinse your mouth with warm salt water at least three (3) times a day (put a teaspoon of salt in a cup of warm water and then gently rinse, swish and spit). Also, rinse gently after meals. This helps keep food out of the extraction site.

Swelling is normal following many surgical procedures such as removal of wisdom teeth. Swelling around the mouth, eyes', cheek and sides of the face are common. The swelling will not be apparent until the day following surgery. The use of ice or cold packs (used the day of the extraction not day after) can help with the swelling. Place a pack on for 20 minutes and 20 minutes off. Continue this until bedtime.

Sutures are sometimes placed in the area of surgery to minimize post-operative bleeding and to help healing. Dissolvable sutures are placed to avoid the inconvenience of having them removed a week later. If the Doctor places sutures that require removal, this process is very easy and requires no anesthesia or needles and takes little time.

If you have a follow up appointment, please keep your appointment! If you have any questions or are having an emergency please call our office at (480) 753-1111.