

Toole Family Dentistry
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Tooth Extraction Post Operative Instructions:

You have just had a tooth or teeth removed from the bony tissue of your jaw. Your body has already started the healing process by bleeding. As the bleeding stops a clot will form. It is very important to protect this blood clot. Following these instructions will greatly increase your chances of proper healing. You will have pain/discomfort for the first 1-3 days. If you have pain that increases after 3-7 days then you may have an infection or a dry socket. If this happens call the office. Swelling usually peaks around day 2 but you may have swelling for the first 2-4 days. Bruising shows up generally around 2-3 days and should subside around day 7.

- I received dissolvable sutures (these come out on their own between 2-14 days)
- I received non-dissolvable sutures (Dr. will remove these at 2 week post op)
- I received a bone graft
- I received collagen membrane/plug

DO NOT:

- absolutely no rinsing for the first 24 hours
- no smoking for 3 days after the extraction, smoking greatly increases the chance of dry socket and delayed healing
- no hot foods for 2 weeks, after 24 hours warm foods are okay
- no drinking through a straw for 3 days
- no alcohol, carbonated beverages, acidic beverages for 3 days
- do not touch the extraction site for 3 days, don't even pull on your lip to look at it
- don't spit forcefully for 2 weeks
- do not exercise or lift heavy items weighing greater than 35 pounds for 3 days
- do not use a water pick in the extraction area for **3 months**
- do not brush the socket or surgical site, brush the teeth around it, resume tooth brushing after 24 hours, but again, do not brush the site.
- do not eat hard foods for 2 weeks, if you can pinch your fingers through it you can eat it.

DO:

- eat cold foods for the first 24 hrs
- apply an ice pack to the area for the first 24 hours, 20 minutes on -- 20 minutes off. After 24 hours no ice packs.
- AFTER 24 HOURS: rinse very gently with warm salt water (1/2 teaspoon per cup water) 3-4 times daily after meals

Gauze: keep the gauze in your mouth for 1 hour. Examine the gauze and re-apply fresh sterile gauze for another hour as needed. The gauze should not be dry and should not be saturated. Wet the gauze with water and squeeze it out before applying it to the area.

Excessive Bleeding: Most individuals will take anywhere from 30 minutes to 3 hours to form the blood clot needed for proper healing. It is normal for the site to seep or ooze a little bit for a few days. After the first day, gauze is neither needed nor recommended. If bleeding continues after 2 hours, bite down on a moist tea bag for 30 minutes with firm pressure. If the bleeding persists beyond this point or if you are experiencing extreme pain, call our office (phone numbers above) or go to the emergency room for further treatment.