

## **What To Do After Extractions**

A few days after the extraction of a tooth, the wound usually heals to the point where you can function normally. In the meantime, you should follow a few simple rules to help promote healing, prevent complications, and make yourself more comfortable.

### **BLEEDING**

Some bleeding is expected. A gauze pack has been placed on the extraction site to minimize bleeding. The gauze pack should be held in place for ONE HOUR after you leave the office. Should slight bleeding continue after the gauze is removed follow this procedure:

- Fold a piece of sterile gauze into a pack thick enough to bite on.
- Wet the gauze with water and squeeze the excess water.
- Place the gauze over the extraction site and bite down firmly.
- Maintain firm pressure for about 30 minutes.
- Repeat if necessary.
- **Or** use a BLACK TEA teabag, wet, place on extraction site and bite with pressure for 15-20 minutes.

*Do not suck on the extraction site. Remember that a lot of saliva and a little blood may look like a lot of bleeding. If heavy bleeding continues, call our office.*

### **HEALING**

Do not disturb the wound by touching it with fingers, toothpick, or tongue; irritation, bleeding, and infection could result. The blood clot is part of the normal healing process and should not be disturbed. NO SMOKING, SUCKING, or SPITTING for 48 hours. No sucking through straws.

### **ICE PACKS**

Place ice packs at the corner of the jaw for 48 hours, this should be done while sitting up to prevent excessive blood flow and swelling to the surgical area.

### **SWELLING AND PAIN**

Swelling of some extent follows nearly every extraction. This is nature's way of beginning the healing process. It does not mean an infection has set-in, providing there is no fever, pain, ect. After the removal of impacted teeth or trimming of the bone, swelling is often quite severe. It is most marked on the second and third day and begins to disappear on the fourth day.

### **RINSING MOUTH**

Avoid all rinsing and spitting for 24 hours after leaving the office. You may gently rinse with warm salt-water solution and following day. Rinsing after meals is important to keep food particles out of the extraction site.

### **MEDICATION**

Take the prescribed medication as directed. If you have been placed on an antibiotic, take until completed. If your stomach becomes upset, it is usually caused by the pain medication which can be discontinued and Tylenol or Ibuprofen can be substituted.

### **DIET**

The day of the extraction drink lots of liquid and eat soft nutritious food. Begin eating solid foods the next day or as soon as you can eat comfortably. Avoid warm food or drink for the first 48 hours. Cold milkshakes and cold drinks are best. NO STRAW!