

OOSTBURG FAMILY DENTISTRY

19 N. 4th Street Oostburg, WI 53070
(920) 564-2925

DANIEL R. BRUHN, D.D.S.

JORDAN D. MOLTER, D.D.S.

WHAT TO DO AFTER AN EXTRACTION (TOOTH REMOVAL)

Please follow these instructions and call us if you have any questions.

DO

If gauze was placed over the extraction area, change it every 20-30 minutes until bleeding stops (gauze will be light pink).

To prevent swelling, apply an ice pack to the cheek for 10 minutes on, 5 minutes off. Do this for 1-2 hours. Keeping the swelling down will minimize discomfort.

Continue brushing your teeth, but avoid the extraction area for the first day. Then, brush *gently* around the area for 2-3 days. After that, resume normal brushing.

Eat softer foods for the first day, such as chicken, ground beef, potatoes, pasta, or soup. After that, it's OK to eat other foods — whatever is comfortable.

For soreness, you may take Advil (ibuprofen), Tylenol (acetaminophen), or Aleve (naproxen). **Do not take aspirin.**

If soreness lasts for more than 24 hours, rinse with warm salt water 3-4 times a day: Stir 1 teaspoon salt into a cup of warm water.

Call us if you have excessive pain or swelling.

DON'T

To avoid disturbing the blood clot and creating a painful dry socket, do **not** do any of the following for 24 hours:

do **not** rinse vigorously,
do **not** use a straw,
do not smoke.

Do **not** take actual aspirin for the first 24 hours because it may increase bleeding.

For the first day, do **not** eat tough or chewy foods, or foods like Doritos or chips which may injure the extraction area.

Avoid strenuous activities like heavy lifting or sports for the first day.

PLEASE NOTE: Minor bleeding may continue for several hours. If you had your extraction(s) late in the day, you may wish to cover your pillow case with a towel for the first night to prevent any light staining of your pillow case.