

POST-OPERATIVE INSTRUCTIONS: GENERAL EXTRACTION

Bleeding

After tooth extraction, it's important a blood clot forms to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30–45 minutes after the appointment. If the bleeding or oozing persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol, or brush teeth next to the extraction site for 72 hours. These activities may dislodge or dissolve the clot. Limit vigorous exercise for the next 24 hours, as this will increase blood pressure and may cause more bleeding from the extraction site.

Swelling

After the tooth is extracted, you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Take pain medications as prescribed. The swelling usually subsides after 48 hours.

Medication and Nutrition

Use the pain medication as directed. Call the office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. Drink lots of fluids and eat nutritious, soft foods on the day of the extraction. You can eat normally as soon as you are comfortable.

Oral Hygiene

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed up healing and help keep your mouth fresh and clean.

Activities

After a few days, or when you feel fine, you can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 2–3 days, or a reaction to the medication, call the office immediately.

Sutures

Sutures may be placed for your procedure. The sutures will be dissolved approximately 1 week after surgery. If they become dislodged early, there is no cause for alarm. Remove the loose suture from your mouth and discard it.

Dentures

Keep dentures (complete and partial) in place for 24 hours unless instructed otherwise. If the dentures are removed to sleep overnight the first night, it may be difficult and painful to put them back and wear them due to swelling.