

## TOOTH EXTRACTION AFTERCARE INSTRUCTIONS

After a tooth extraction, a blood clot forms to stop the bleeding and influences the healing process. We recommend firmly biting on a gauze pad for 30-45 minutes immediately after the surgery. If the bleeding persists, place another gauze pad on it and bite down for another 30 minutes. You may need to do this several times to stop the blood flow.

It is important to not disturb or dislodge the blood clot after it has formed. Do not suck on straws, drink alcohol, or rinse vigorously for 72 hours. Please do not smoke for at least two weeks after the procedure. These activities may dissolve the clot and inhibit the healing process.

Vigorous exercise increases blood pressure and may cause more bleeding from the extraction site. Avoid vigorous exercise for 24 hours after the surgery.

If you experience pain or swelling after your tooth is extracted, apply an ice pack or a bag of frozen goods (such as peas) to the area to minimize swelling. Swelling usually subsides after 48 hours.

Use pain medications as prescribed. 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. As soon as all of your symptoms subside, you may eat normally. Call our office with any medication questions.

We recommend that you resume your normal dental routine 24 hours after surgery. This should include brushing and flossing your teeth at least once a day. This will help speed up the healing process and help keep your mouth clean and fresh.