

## Post-Op Instructions

# Extractions

Follow these instructions carefully to ensure the successful healing of your tooth extraction.



### WHEN TO CALL US

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- **Heavy or increased bleeding**
- **Severe pain or swelling** that increases or continues beyond two or three days
- **A bad taste or odor** in your mouth
- **A reaction to the medication**

**EMERGENCY PHONE:**  
**(905) 464.4888**

### DURING THE FIRST 24 HOURS

**It is important that a blood clot forms** on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Don't spit, and don't suck on candies or through a straw.
- Don't rinse your mouth, and don't brush or floss next to the site.
- Don't smoke or use tobacco for at least 72 hours because it slows healing. Nicotine may break down the blood clot and cause a "dry socket", which is an undesirable side effect.
- Don't sneeze or cough, so have sinus or allergy medication on hand if necessary.
- Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- Don't drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.

**To control discomfort**, take pain medication before the anesthetic has worn off or as recommended.

**To keep swelling to a minimum**, use an ice bag over the area, 20 minutes on and 20 minutes off.

**When the numbness has worn off completely**, drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.

### AFTER THE FIRST 24 HOURS

**Begin to eat normally** as soon as it's comfortable.

**Resume brushing and flossing**, but clean gently around the site for about a week.

**If antibiotics were prescribed**, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

**Reduce soreness or swelling** by applying moist heat. Swelling usually starts to go down after 48 hours.

**Further reduce swelling** by rinsing your mouth very gently with warm salt water. Use about one teaspoon of salt per glass of warm water. Rinse two to three times a day for a week following the extraction.

**A certain amount of bleeding is to be expected following surgery.** Bleeding is controlled by applying pressure to the surgical area using small rolled gauze for 90 minutes. After that time remove the gauze and then you may eat or drink.

**If the muscles of the jaw become stiff**, chewing gum at intervals will help relax the muscles, as well as the use of warm, moist heat to the outside of your face over these muscles.

**You may expect swelling** for ten days to two weeks and a fever of 99 to 100 degrees F.