

## Post-Operative Instructions for Tooth Extraction

### Immediately Following Treatment

- Bite firmly on the gauze pads covering each extraction site for 30 minutes to help stop bleeding. You may change the gauze pads at home as needed. If excessive bleeding occurs, apply a new clean gauze pad for an additional 30 minutes.
- Excessive bleeding is defined as pooling or dripping blood from the extraction site within 15-20 seconds after removing the gauze pad. Minimal bleeding may persist for up to 24 hours. Slightly blood-tinged saliva is normal for a few days post-surgery. If concerned about excessive bleeding, please call our practice at 49985572.
- Temporary numbness in the lips, cheeks, or tongue due to the anesthetic may last 2-6 hours. Take care not to bite these areas.
- Pain and swelling are expected after the extraction. Your dentist may recommend using an ice pack on the outside of the cheek to minimize swelling. Apply to the area on the outside of the cheek which will keep swelling to a minimum.

### Medication & Pain Management

- You may receive a prescription for antibiotics and/or pain relief. Some discomfort is expected after surgery. Follow your dentist's or pharmacist's instructions when taking medications.

### Diet

- If possible, chew on the opposite side of the extraction site.
- If multiple teeth have been removed, consume soft foods for at least 24 hours, such as: lukewarm soups, custards, scrambled eggs, pasta
- Avoid hard, crunchy foods that may disturb the extraction site for at least one week.
- No alcohol should be consumed for at least 24 hours or while taking pain medication.

### Smoking

- Do not smoke for at least three days after surgery to assist healing and reduce the risk of dry socket.

### Dry Socket

- A dry socket occurs when the blood clot is dislodged from the extraction site, exposing the bone and nerve endings. This is more common in back teeth and typically presents as severe pain two or more days after surgery.
- To reduce the risk of dry socket, avoid:
  - Smoking
  - Using straws or any sucking action
  - Spitting
  - Excessive rinsing for the first 24 hours
- If you experience severe pain, please contact our surgery immediately.

### Brushing & Rinsing

- Do not brush, rinse, or spit on the day of surgery.
- The day after surgery, resume brushing, avoiding the surgical site for approximately three days.
- Start warm, gentle saltwater rinses the day after surgery. Rinse 3-4 times daily for seven days (1 teaspoon of salt in a glass of water).

### Follow-Up Appointment

- You may need to return for a post-operative review or suture removal. Please ensure you attend your appointment to assess proper healing.
- Regular dental checkups are essential—prevention is always easier, more comfortable, and more cost-effective than treatment.