

After-Care Instruction: Extractions

Now that you have recently had a tooth extracted, here are some things to keep in mind:

Within The First 24 Hours:

Bite firmly on a gauze pad for about 10-20 minutes and as long as necessary to deal with the heavy oozing (this is normal after an extraction). Insert a clean gauze pad after one hour if there is profuse oozing. Oozing may continue for 24 hours.

- Avoid spitting, sucking on candy, or sucking through a straw.
- Avoid rinsing your mouth, and do not brush or floss next to the extraction.
- Avoid tobacco products for at least 72 hours.
- Avoid hot, carbonated, or alcoholic beverages and hot or spicy foods.
- Use allergy medication to prevent sneezing and coughing.
- To reduce bleeding, avoid vigorous activity, and elevate your head when lying down.
- When numbness has subsided completely, drink plenty of fluids, eat only soft foods, and chew on the opposite side.

For Pain:

Follow the doctor's direction for pain management. Typically, over the counter Tylenol and Motrin should be fine.

After 24 Hours:

- Begin eating normally as soon as it's comfortable.
- Brush and floss as usual, using care around the extraction site for the first week.
- Continue with all antibiotics for the full course even if symptoms have subsided. (Only if prescribed)
- Apply moist heat to any swelling, or rinse with warm salt water two to three times a day for one week.
- Contact our office if you experience heavy bleeding, pain or swelling for more than two days, a bad taste in your mouth, or if you have a reaction to the medication.

