

After Tooth Extraction Instructions:

Tooth Extraction wounds usually heal quickly without complications. Following these instructions prevents many complications.

Dental Numbing: Often leaves the lips, teeth and tongue numb after an extraction. Avoid chewing and hot liquids until numbness wears off in a couple of hours.

Control of Bleeding: Keep the pressure gauze sponge in for 30-60 minutes with constant (no chewing or talking) firm biting pressure. Replace them for another 30-60 minutes if fresh blood is present. There is often slight oozing of blood mixed with saliva, which may appear to be excessive and last for a day. Do not be alarmed.

Oral Rinses: To help the blood clot stabilize, on the day the tooth is extracted do not rinse the mouth and avoid spitting, smoking, hot food, drinking carbonated beverages, drinking through a straw, or sucking on the wound. Gentle rinsing with water should begin on the day following tooth extraction. Continue to brush your teeth and gently brush around the extraction site a couple days after the extraction.

Facial Swelling: Some swelling may occur and is expected. To minimize swelling avoid vigorous physical activity immediately following the extractions. Swelling usually goes away in a few days.

Pain Control: If medication is given for pain take 1-2 tabs every six hours with water as needed.

Nutrition: Drinking fluids and eating soft, nutritious foods is important. Clear liquids, juice, soup, and soft food are advised for the first couple of days.

Rest: No vigorous physical activity immediately following the surgery. After the first day you can increase your activity level.