



Extraction Post-Operative Instructions

It is important for a blood clot to form after an extraction to stop the bleeding and begin healing. To aid this process, you should bite on a gauze pad for 30 to 45 minutes after your extraction. If the extraction site continues to bleed when you remove the pad, you should place another gauze pad and bite for another 30 minutes. You may have to do this several times.

After the clot forms, you must protect it for at least the next 24 hours: *Do not smoke, drink alcohol, eat spicy foods, use a straw, rinse vigorously, or clean the teeth next to the extraction area.* Any of these activities can dislodge the clot and slow healing.

Limit your physical activity for the first 24 hours after an extraction to lower blood pressure, reduce bleeding and help the healing process. Use pain medication as directed. If antibiotics were prescribed, continue to take them for the full, indicated length of time.

You may have some swelling or pain after an extraction. You may use an ice pack for the first 48 hours. Apply the ice pack while awake for 30-minute intervals (30 minutes on, 30 minutes off).

Drink plenty of fluids and maintain a nutritious, soft diet through the next day. You may *gently* rinse your mouth with warm salt water up to three times a day (1-tsp salt mixed into 1-cup of warm water).

Resume your normal dental routine after 24 hours with regular brushing and flossing.

Call us if you have heavy bleeding, severe pain or continued swelling after 2-3 days, or if you have a reaction to the medication.

If sutures have been placed, please follow the care directions you are given, which will vary depending on the type used (dissolvable or non-resorbable, which will need to be removed in 1-2 weeks).

If you have any questions, please contact us at 704-541-9888.