

Tooth Extraction Post-Operative Instructions

Leave the treatment site alone: Do not touch the treatment site with your tongue or any other object, as this could lead to an infection and/or bleeding. Chew on the opposite side of your mouth for 24 hours and be careful when using any kind of eating utensils.

Don't smoke for the first 12 hours: Smoking can cause excess bleeding and slow down the healing process.

Brushing: You will be asked to NOT brush your teeth for the first 8 hours after surgery. After this, you can brush your teeth gently, but be sure to stay clear of the treatment area.

Rinsing: You should avoid rinsing your mouth for 24 hours after an extraction. This is to ensure that a proper clot is formed in order to prevent bleeding and promote healing. Rinsing can disturb this clot and cause increase bleeding. If a clot is lost, this may lead to what is called a dry socket, which is very painful. After the first 24 hours, use warm saltwater or a mild antiseptic rinse to clean your mouth.

Avoid spitting or using a straw: Just like rinsing your mouth, within the first 24 hours, this can dislodge the blood clot and lead to a dry socket.

Bleeding: Before you leave our office the day of your procedure, we will place a rolled-up gauze pad on the extraction site. You will be asked to change this dressing every 20 minutes or so. We will give you more gauze to take home should the bleeding continue. When placing the dressing, make sure you roll the gauze into a big enough ball to cover the entire extraction site. Hold it in place by either biting down gently or using your finger. If this doesn't help reduce bleeding, try placing a teabag under the gauze. Tea has tannic acid, and this can serve as a mild coagulant.

Pain: A little bit of pain around the extraction site is normal, and you can use an OTC medication to manage it as per Dr. Farian's instructions. In certain situations, a patient may be prescribed medication, which should only be taken as directed. If pain persists for more than a few days, be sure to contact our office.

Swelling: A bag of crushed ice, frozen vegetables, or a cold towel can be placed on the outside of the face near the extraction site during the first 12 hours to help reduce swelling. Keep it on the face for about 10-minutes, and then take it off for 10-minutes to prevent any damage to the skin. Repeat as needed.

Diet: Right after the procedure, you'll likely find it easier to stick to a soft food diet. Be sure to chew on the opposite side of your mouth from the extraction site, and also drink plenty of water to stay hydrated.

If you have any questions or experience any type of problem, please do not hesitate to **contact** Farian Dental Care.

