

Andrews Family Dentistry
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Post Tooth Extraction Instructions

- 1-** Bite firmly on the gauze for at least 30 minutes and don't chew on it.
- 2-** Talking should be kept to a minimum for 3 or 4 hours.
- 3-** It's normal for a tooth socket to ooze slightly for 24 hours after the extraction procedure and there might be some oozing during the night causing to have some blood on the pillow.
- 4-** A small amount of blood and large amount of saliva will appear to be a large amount of blood.
- 5-** If the bleeding is more than slight ooze, apply a small damp gauze pack directly over the area of extraction and hold this second gauze pack in place for as long as one hour to gain control of bleeding.
- 6-** Avoid smoking for the 1st 12 hours after extraction or if you have to smoke draw on the cigarette very lightly.
- 7-** Don't suck on a straw when drinking.
- 8-** Don't spit during the 1st 12 hours after surgery.
- 9-** No strenuous exercise for the 1st 12-24 hours after extraction.
- 10-** Swelling usually reaches its maximum 48-72 hours after extraction, it starts to subside on the third or fourth day and is usually resolved by the end of 1st week.
- 11-** You can use ice pack on the local area 20 minutes on and 20 minutes off and should not be maintained for more than 24 hours (place a layer of dry cloth between ice container and the tissue)
- 12-** On the second day use neither ice nor heat.
- 13-** On third day application of heat may help resolve swelling more quickly (don't use high level of heat on face for long time to prevent burning or injury to the skin).
- 14-** A high calorie high volume liquid diet is best for the first 12-24 hours
- 15-** Have at least 2 quarts of fluids during the first 24 hours (juices, Milk, Water)
- 16-** Food in the first 12 hours should be soft and cool (ice cream and milk shake unlike solid food, tend not to cause local trauma nor initiate re bleeding episodes)
- 17-** Don't rinse your mouth for the 1st 24 hours, after that begin gentle rinses with warm salt water, resume your preoperative oral hygienic method by 3rd or 4th day after surgery.
- 18-** The pain of extraction is usually not severe (can be managed with mild analgesics), The peak pain experience occurs about 12 hours after extraction and diminishes rapidly after that. The pain rarely persist longer than two days after surgery.
- 19-** The first dose of pain medication should be taken before the effect of the local anesthetic subsides.
- 20-** If the pain increases on the 3rd or 4th day with or without swelling or other signs of infection; you should call the office immediately.