

POST-OPERATIVE CARE AFTER TOOTH EXTRACTION

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After a tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. Please read these instructions and follow them carefully for a faster, easier recovery.

- We ask that you bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
- **DO NOT DISTURB THE AREA:** For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.
- After the tooth is extracted you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Take pain medications as prescribed. The swelling usually subsides after 48 hours. If you were given an antibiotic prescription, take all of them as directed until completion, even if signs and symptoms of infection are gone.
- **RINSING:** Avoid all rinsing or swishing for 24 hours after the extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. After 24 hours you may begin gentle rinsing with a saltwater solution ($\frac{1}{2}$ *teaspoons salt + 8 ounces warm water*) and brushing your teeth.

FOODS TO DRINK AND EAT

- Water
- Juice
- Popsicles/Ice-cream
- Applesauce
- Jell-O
- Pudding
- Yogurt
- Milkshake (NO STRAW)
- Mashed Potatoes
- Soups
- Creamed Cereals

Please call us if you experience:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching, or breathing problems.