

Home Care Instructions for a Tooth Extraction

GAUZE

- To apply gauze pack, do as follows:
 1. Use 2 gauze squares
 2. Moisten gauze with water
 3. Wring out excess water
 4. Fold in half twice
 5. Place over surgical site
 6. Wedge gauze between teeth if needed to cover extraction site
 7. Gauze must fit snugly over extraction site so that pressure is over the site, not the adjacent tooth
- Change gauze every 20-30 min or when saturated.
- Remove gauze once bleeding has stopped (3-4 hrs)
- Do not use dry gauze
- Remove prior to eating/taking meds; replace as needed.

BLEEDING

- Bleeding is expected for 3-4 hours
- Apply **direct pressure** by biting on gauze packs
- If blood accumulates, do **not** spit. Wipe out excess blood and apply new moist gauze pack
- If bleeding continues, a moist tea bag may be used in place of gauze pack
- Oozing blood-tinged saliva may occur for up to 24 hours
- Refrain from strenuous activities for 48 hours

NUMBNESS

- Numbness in the surgical site(s) and surrounding areas is expected for 2-3 hours following surgery.
- If numbness persists after 24 hours following the procedure, notify our office

DOs

DO resume brushing your teeth the evening of surgery: however, do not vigorously rinse or spit.
DO use ice packs for the first 48 hours after surgery to help reduce swelling (20 minutes on, 20 minutes off) Use moist heat after the first 48 hours

DO use salt water rinses many times a day, especially following meals, starting 24 hours after surgery (Saltwater Rinse: Add 1 teaspoon salt to 8 ounces warm water)

DO NOTs

DO NOT chew until the numbness wears off to avoid biting your lip or cheek.

DO NOT rinse, spit or use straws for the first 24 hours. You may brush your teeth and gently rinse.
DO NOT eat hard or crunchy food for a few days (i.e. popcorn, peanuts, chips) as they may disturb the surgical site(s).

DO NOT smoke following surgery, if you smoke, dry socket is likely.

DO NOT disturb any stitches (sutures) if present, they will dissolve in about 2 weeks.

DRY SOCKET

Dry socket is characterized by 3-4 days of normal healing, and then increased pain and delayed healing about day 4 or 5. It results from inflammation of the bone where the tooth was removed. If you experience this please contact our office.

If you experience prolonged bleeding or have other difficulties or questions, contact us:

