



## Home Care Instructions after a Tooth Extraction

A gauze pack has been placed over the extraction side. Bite gently to hold it in place for 10 minutes. This allows a clot to form. After 10 minutes you may remove the pack. If bleeding persists, take one of the gauze squares provided, fold it, wet it and place it over the extraction site for an additional 10-15 minutes. This should be repeated as necessary. It is normal for the socket to ooze a small amount of blood for 24 hours. However, if bleeding is excessive and cannot be controlled, call at one of the numbers above.

For the first 24 hours: Avoid smoking and chewing tobacco, avoid strenuous exercise and avoid activities that create either air pressure or a vacuum in the mouth, such as expectorating, spitting and the use of drinking straws. Begin with a soft diet and advance to coarser foods as tolerated.

About 24 hours after extraction begin warm salt water rinses after meals and before bed. Mix 1 teaspoon per cup of water. Discontinue after 2 to 3 days.

Please do not disturb the extraction area and stitches if they are present. This may dislodge the blood clot which is important for healing.

Swelling may occur and will reach a maximum in 1 or 2 days and then subside. This is normal and accompanies most surgical procedures. On the first day following surgery an ice pack held against the affected area 2 to 3 times per day will reduce any swelling and discomfort. From the second day on, however, a warm pack will be more effective. If the swelling is severe or persists for many days, please call us.

If you have been given a prescription, please take the medication as prescribed.

On occasion a dry socket may develop. This condition usually begins about 3 days after surgery. It causes pain in the socket, a bitter taste and a prolonged healing time. The pain may extend toward the ear and the side of the face. If this occurs call for an appointment and we will try to see you as soon as possible.