

# Care Following Tooth Extraction & Dental Surgery

Bleeding - Maintain continuous pressure on a gauze pad over the wound for one hour. The gauze should be replaced and pressure put on if bleeding continues. Slight oozing is expected for the first night but if you experience excessive bleeding, call our office. Do not drink or suck through a straw, spit, smoke or engage in excessive physical exercise. These activities will prolong bleeding.

Swelling - You may notice some swelling following an extraction. This is to be expected. Apply an ice bag to the face where the extraction was performed. Leave ice bag on for 15 minutes then off for 15 minutes. Repeat the cycle a few times will minimize swelling and relieve discomfort. Bruising of the skin and difficulty opening mouth sometimes occur but it will disappear on its own in 5-7 days. You may also notice the gums around the surgical site to be a bit swollen and "detached." This is normal and gentle brushing is advised to promote healing.

Rinsing and Oral Hygiene - **Do not rinse your mouth on the day of the surgery.** Start rinsing the day after with warm salt water (half teaspoon of salt in a glass of water). You should do this every few hours and after each meal for a week. There is no need to break your regular routine of brushing and flossing. However, since the extraction site may be very tender, be gentle in that area.

Diet - Adequate nutrition is important for proper healing. For the first few days eat soft nutritious foods such as eggs, chopped meats, soups, milk shakes, etc. Try to chew food on the side opposite the extraction site if possible.

Medications - Take medications as directed. If no prescription is given, over the counter medications should relieve your discomfort. Take 1-2 tablets of Advil or Extra-Strength Tylenol every 4-6 hours as needed. Do not take Aspirin, as it will prolong bleeding. If you experience more intense pain, a stronger medication may be prescribed. Call our office.

Dry Socket - Though the cause is unknown, 2-3% of dental extractions are followed by a clinical condition known as "dry socket". Symptoms usually begin 2-3 days following extraction, which include loss of the blood clot from the socket, foul taste and moderate to severe pain. If you experience any of these symptoms, call our office for an appointment.