

## Extraction Post-Treatment Care

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After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 to 45 minutes after extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

If bleeding is heavy and/or continues for a long time, wet a teabag with warm water (do not need to 'brew' a bag of tea) and bite on it for 30 minutes in place of the gauze.

After the blood clot forms it is important to protect it, especially for the next 48 hours.

**Do not:**

- Smoke
- Suck through a straw
- Rinse your mouth vigorously
- Clean the teeth next to the extraction site

These activities will dislodge the clot and slow down healing. Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding, minimizes aching, and helps the healing process.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice bag (alternate 20 minutes on and 20 minutes off) to keep this to a minimum. The swelling usually begins to go down after 48 hours.

Use pain medication only as directed.

If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Drink lots of fluids and eat only soft nutritious foods on the day of the extraction.

Avoid alcoholic beverages and hot spicy foods. You may begin eating normally the next day or as soon as it is comfortable.

Gently rinse your mouth with salt water three times a day beginning the day **after** the extraction (a tsp of salt in a cup of warm water, rinse-swish-spit). Also, rinse gently after meals, it helps keep food out of the extraction site.

Resume your normal dental hygiene routine after 24 hours; this should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.

Call us right away if you have any of the following:

- Heavy bleeding
- Severe pain
- Continued swelling after two or three days
- Reaction to the medication

After 3 – 4 days you will be feeling fine and can resume your normal activities.