



Tooth Extraction Post Operative Instructions

DO NOT DISTURB THE WOUND: In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc.).

DO NOT SMOKE FOR AT LEAST 48 HOURS: Smoking will promote bleeding and interfere with healing.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.

MOUTH WASH: Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours *only if prescribed*.

BLEEDING: When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 30 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding.

PAIN: Some discomfort is normal after surgery. Analgesic tablets (i.e. Ibuprofen, Tylenol etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed.

SWELLING: To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.

DIET: Eat normal regular meals 24 hours after the extraction. Cold, soft food such as ice cream or yogurt should be consumed for the first day. It is also important to drink plenty of fluids, especially water.

UPPER BACK TEETH ONLY: Use caution with nose blowing if you had any back upper teeth removed. DO NOT blow your nose for 48 hours, and use very gentle blowing for 1 full week after.

If you have any questions regarding these directions, please call us.
Pinecrest Dental: 801-268-2323