

Post-op Instructions Following Tooth Extraction

Bleeding

After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the formation of blood clot. Keep pressure on it for 30-45 minutes and replace it if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply suction such as smoking or sucking through a straw.

Rinsing

Try not to rinse your mouth today. If you have the urge to rinse, use cold water. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with a ½ teaspoon of salt. You can do this every 3-4 hours per day especially after every meal.

Swelling

Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on the cheek side of the affected area for about 5 minutes on / 5 minutes off for the next 6 hours.

Medications

If non-Aspirin pain medication does not relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.

Food

A light diet with plenty of liquids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from the extraction site.

Oral Hygiene

Continue brushing and flossing being extra gentle near the extraction site.

Call our office if any unusual symptoms occur at **925-689-8110**

510-526-9636