

## Tooth Removal Post Operative Instructions

### Bleeding:

There may be some bleeding or oozing after the pack is removed. If so, follow this procedure:

- Fold a piece of gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site.
- Apply moderate pressure by closing the teeth firmly over this pad. Maintain this pressure for 20-30 minutes. If the pad becomes soaked, replace it with a clean one as necessary.
- Do not suck on the extraction site - **DO NOT USE A STRAW**
- A slight amount of blood may leak at the extraction site until a clot forms. However, if heavy bleeding occurs, call your dentist. Remember, a lot of saliva and a little blood can look like a lot of bleeding.

### The Blood Clot:

After an extraction, a blood clot forms in the tooth socket. **This clot is important to the normal healing process.** Protect the clot by avoiding activities that might disturb it.

**DO NOT SMOKE, DO NOT drink through a straw, DO NOT rinse your mouth vigorously.**

These activities create suction in the mouth, which could dislodge the clot and delay healing.

- Do not clean the teeth next to the healing tooth socket for the rest of the day.
- You should, however, brush and floss your other teeth thoroughly. GENTLY rinse your mouth afterward.
- Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the blood clot to form.

### Swelling and Pain:

After a tooth is removed, you may have some discomfort and notice some swelling.

- You can help reduce swelling and pain by applying **COLD** compresses to the face. An ice bag or cold, moist cloth can be used periodically. The dentist may give you an ice pack to use on your way home from the office.

### Medication:

Your dentist may prescribe medication to control pain and prevent infection.

- Use the medication only as directed.
- If the medication does not seem to work for you, **DO NOT** increase the dosage.

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### **Diet:**

After the extraction, drink lots of liquids and eat soft, nutritious foods.

- Avoid alcoholic beverages and mouth rinses containing alcohol.
- Avoid hot and spicy foods as well as hot liquids.
- Begin eating solid foods the next day or as soon as you can chew comfortably.
- For about 2 days, try to chew on the opposite side of the extraction.
- If you experience nausea and vomiting, call your dentist for advice.

### **Rinsing:**

- The day after the extraction GENTLY rinse your mouth with warm salt water (half teaspoon in 8 ounce glass of water).
- Rinsing after meals is important, but do not rinse vigorously.
- Avoid using a mouth rinse during early healing period.

### **Oral Hygiene:**

It is important to continue to floss your teeth and brush thoroughly at least twice a day using fluoride toothpaste.

- The tongue should also be brushed. This will help eliminate the bad breathe and unpleasant taste that is common after an extraction.

**IF YOU HAVE PROLONGED OR SEVERE PAIN, SWELLING, BLEEDING OR FEVER,  
CALL YOUR DENTIST IMMEDIATELY FOR AN APPOINTMENT.**

978-878-8100, Monday-Friday, 8:00am-5:00pm.

**After business hours please go to the emergency room.**