

Tooth Extraction: Post-Operative Instruction

BLEEDING: A gauze pack will be placed on the extraction site to limit bleeding. This will also help a blood clot to form, which is necessary for normal healing. This gauze pack should be left in place for at least 30 to 45 minutes after you leave the dentist's office. Do not chew on the pack. There may be some bleeding or oozing after the pack is removed, change the gauze pack if it gets too moist.

- Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad with clean, warm water and place it directly on the extraction site.
- Apply pressure by closing your teeth firmly over the pad. Maintain the pressure for about 30 minutes. If the pad becomes soaked with blood, replace it with a clean one.
- **DO NOT** suck on the extraction site or disturb it with your tongue.
- A slight amount of blood may leak from the extraction site until a clot forms. However, if heavy bleeding continues, call the office **714-544-1148**. (Remember, though, that a little bit of blood mixed with saliva can look like a lot of bleeding.)

****DO NOT DISTURB THE BLOOD CLOT THAT FORMS IN THE TOOTH SOCKET!**

The blood clot that forms in the tooth socket is an important part of the normal healing process. You should avoid doing things that might disturb the clot. If the blood clot is disturbed and breaks down, you can get a dry socket. Dry sockets can be extremely painful. To lower your risk of a dry socket for the first 48 hours.

***DO NOT** drink through a straw, smoke, suck on candy, popsicles, etc., slurp soups or other liquids, rinse with too much force or use mouth rinse that contains alcohol for the first 48 hours.

***DO NOT** clean the teeth next to the healing tooth socket for the rest of the day. You should still brush and floss your other teeth. You can also brush your tongue. This can help get rid of the bad breath and unpleasant taste that are common after an extraction.

Limit physical activity like exercise or lifting heavy objects for the first 24 hours after the extraction. This will reduce bleeding and help the blood clot to form.

If you do get a dry socket, call the office right away. A dressing may be placed in the socket to protect it until the socket heals and to reduce any pain.

Day after the Procedure:

- Begin cleaning the teeth next to the healing tooth socket. Gently rinse your mouth with warm salt water mix ($\frac{1}{2}$ tsp. salt + 1 cup of warm water) after meals to keep bits of food out of the socket.
- Try not to rinse your mouth too hard because this could loosen the blood clot.
- Take any prescribed medications.
- Swelling and pain are normal after a tooth is removed. To help reduce swelling and pain: Try applying a cold compress to your face, like an ice pack or a cold, moist cloth.
- If you have any symptom like nausea, fever, ongoing or severe pain, swelling, or bleeding, pain that gets worse with time instead of getting better. Call the office.