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TOOTH REMOVAL AFTERCARE INSTRUCTIONS

Bleeding: A gauze pad may be placed on the extraction site to control bleeding. Pressure should be applied for one hour. The gauze should be replaced if bleeding continues. If you experience excessive bleeding, call our office. DO NOT drink carbonated beverages, suck through a straw, smoke, spit, lay down flat, or physically exert yourself. These activities will prolong bleeding. Protect your pillow the first evening to avoid stains. A tea bag may be substituted for the gauze pad.

Swelling: You may notice some swelling following an extraction. This is to be expected. Apply an ice bag to the side of the face where the extraction was performed. Leave the ice bag on 30 minutes, then off 20 minutes. Keep repeating this cycle until the swelling subsides. This will relieve your discomfort.

Rinsing: Do not rinse your mouth for 24 hours. Tomorrow rinse with a warm salt-water solution. You may do this every few hours after each meal.

Food: During the first two days, a diet of soft foods and liquids is recommended, for example, soup, cereal, and milk shakes. Chew on the side opposite to the extraction site.

Discoloration: A bruising of the skin occasionally occurs and disappears spontaneously in approximately a week. It is of no importance and no treatment is indicated.

Oral Hygiene: There is no need to break your regular routine of brushing and flossing. However, since the extraction site may be very tender, be gentle in that area.

Medication: Medication may be prescribed. If so, please take them as directed. If you are to take antibiotics it is to help control the infection. Pain pills may also be suggested depending on the severity of the condition but please note that if you are taking any prescription medication, we recommend you take a natural once-a-day multivitamin and 100 mg of vitamin C. Antibiotics reduce vitamin C in your system which is extremely important to cell and tissue rejuvenation and the minerals and vitamins in the multivitamin can also enhance what the body needs to heal.

Dry Socket: Though the cause is unknown, two to three percent of dental extractions are followed by a clinical condition known as "dry socket." Symptoms, which begin two to three days following extraction, include loss of the blood clot from the socket and moderate to severe pain. If you experience any of these symptoms, call our office immediately.