

# TOOTH EXTRACTION

You have just undergone the routine procedure of a tooth extraction. Please read the following thoroughly for the proper post operative instructions as proper care will hasten recovery and prevent complications.

## What to expect:

-Following extractions, some bleeding is to be expected. If persistent bleeding or oozing should occur past 1 hour, place a provided gauze square folded twice over the site and close firmly for 20 minutes. Repeat if necessary.

-Anesthesia will last until your body has metabolized it. Please take care in chewing and drinking so you do not bite your lip or tongue.

-Some swelling may develop. An ice bag or frozen peas wrapped in a hand towel will help control any swelling of the treated area. Cold should be applied for 30 minutes on and 30 minutes off for 4-5 hours.

-Small, sharp bone edges or fragments may develop and work their way to the surface during healing. Should these become annoying please notify us at your earliest convenience. A full feeling or tightness may persist in the area as healing progresses.

-Pain or discomfort may develop when the anesthesia wears off. For mild to moderate pain or discomfort use any non-aspirin type over the counter medication (Tylenol or Advil). Please follow the instructions on the label.

## Instructions:

-Do not rinse your mouth today. Tomorrow you may gently rinse every 3 hours and after meals using one teaspoon of salt in 6 ounces of warm water. Continue rinses for 3-5 days. This will soothe the extraction site and clear any debris which accumulates.

-A light, soft diet is advisable for the first 24 hours. Avoid carbonated beverages, alcohol, smoking, alcohol containing rinses, caffeine, and extremely hot foods and beverages for 24 hours. This will ensure proper clot formation.

-Avoid brushing and flossing in the area for 24 hours. The site may be cleansed gently after that, as good hygiene is critical for proper healing. The rest of the mouth should be cared for normally.

-Take any other prescribed medications as directed. Should any severe symptoms occur which were not discussed or addressed in this info sheet, please contact our office at your earliest convenience.