

Extraction Post Op Care Information

You have just had an extraction; in the first 24 hours it is very important to allow a blood clot to form at the extraction site to stop bleeding, reduce swelling and speed up healing. Here are some basic guidelines to follow while your extraction site heals.

For the first 24 hours:

- Immediately after procedure - bite on gauze for 1 hour. You may also use a moist black tea bag if you run out of gauze. For the next 3+ days the site(s) will bleed on and off - bite on moist gauze for 30 minutes.
- Don't smoke or use tobacco for a minimum of 3 days.
- Avoid any strenuous exercise or heavy lifting
- Don't spit, suck on candies and avoid straws for a minimum of 3 days.
- Avoid alcohol for a minimum of 3 days.
- To control discomfort, we suggest taking medication; either the prescribed medication or a combination of Tylenol (Acetaminophen) and Advil (Ibuprofen).
 - Ibuprofen 400mg then 3 hours later -> Acetaminophen 1000mg repeat as needed
- When the numbness resides completely drink lots of fluids and eat clear soft foods (apple juice, chicken broth) chewing on the opposite side.

After the first 24 hours:

- Eat normally as soon as it's comfortable
- Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about 1 tsp of salt per glass of warm water. Rinse two or three times a day for a week following the extraction. After rinsing, lean over the sink and let the rinse fall out. Do not spit the rinse out because it may dislodge the blood clot.
- Brush all teeth as normal except do not brush extraction sites. Do not spit the toothpaste out gently rinse and let the liquid fall out.

Antibiotics: Yes: No:

- If antibiotics are prescribed continue to take them for the indicated length of time even if you're not experiencing symptoms and infection is gone.

Antibacterial Rinse: Yes: No:

- If antibacterial rinse prescribed start the next day.

Stitches: Yes: No:

- Will dissolve in 4-6 days:

It is normal to feel discomfort around the area for a several days following the extraction; however, contact us if you experience:

- Heavy or increased bleeding.
- Pain or swelling longer than 3 days
- Continued numbness