



When to Call us

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- *Heavy or increased bleeding*
- *Pain or swelling that increases or continues beyond 2 or 3 days*
- *A bad taste or odor in your mouth*
- *A reaction to the medication*

Things to avoid

- Smoking
- Alcohol
- Mouth Rinse
- Drinking through a straw
- Hot Foods/Drinks
- Carbonated Beverages
- Spitting

Extraction: Post-op Instructions

It is important to protect the blood clot that forms in the extraction site. The clot helps to stop the bleeding, reduce pain, and speed up healing. To protect the blood clot and avoid a dry socket please be sure to follow the post-op instructions.

- **Bleeding-** After an extraction, a gauze is placed directly over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure 30-45 minutes and replace gauze if bleeding continues.
- **Swelling-** Following an extraction, some swelling and skin bruising may occur. To keep swelling to a minimum use an ice pack over the area, 20 minutes on and 20 minutes off nothing continuous
- **Food/Beverages-** No use of straws, avoid HOT drinks and drinks that contain alcohol or carbonation. Avoid foods that are sticky, crunchy, chewy spicy. Recommend a soft bland food diet.
- **Oral hygiene-** Starting the day after extraction, rinse mouth gently with warm salt water to help reduce swelling. Avoid all over the counter mouth rinses. Continue brushing and flossing being extra gentle near extraction side.
- **Medication-** For mild to moderate pain we recommend taking 600-800mg ibuprofen (Advil or Motrin) ASAP, repeat every 6 hours. 3 hours after initial dose of ibuprofen, take 2 325mg acetaminophen (Tylenol) tablets, repeat every 6 hours as needed for pain.
- **Bone Chips-** During healing it is normal to notice small bony fragments working their way through the gums. We can easily remove these fragments.

Why it's bad to smoke after tooth extraction

Smoking is very bad for your health, and especially after your dentist has removed a tooth. People who smoke tend to experience a higher level of complications with extraction site healing. Smoking introduces chemical toxins that slow down the healing process and can cause serious damage to the extraction site. Also, the suction done when smoking can dislodge the blood clot from the socket. One major complication is a Dry Socket. It is a very painful condition around the tooth extraction site, which can cause a bad smell and limit how wide the mouth can open. This usually happens 3-4 days after the extraction. This infection can be treated by the dentist.

Do not smoke for 72 hours after extraction