

Post Extraction Instructions

When your procedure is completed, bite on the gauze that is placed in your mouth for at least 1/2 hour. If there is more than slight bleeding, remove old gauze carefully and place damp gauze over the bleeding area and hold in place for twenty minutes. Hold firmly so that no blood escapes. Repeat this procedure as necessary. Bleeding or oozing is to be expected in the first 12-24 hours. If you have excessive bleeding, place a warm moist tea bag over the extraction area and bite carefully. If the bleeding has not subsided in a few hours, please call the office.

If there is swelling the day of the extraction, place an ice pack on cheek, fifteen minutes on and fifteen minutes off. Repeat for two to three hours. If area is still swollen the day after the extraction, put a warm compress on. A damp dishtowel that has been heated in the microwave makes a good compress. Alternate off and on every fifteen minutes for about two hours.

In order to protect the fragile blood clot and promote quicker healing, we ask that you do not smoke for at least three days. Do not suck through a straw for at least three days, and be careful when brushing. Keep the toothbrush away from the extraction area, and do NOT spit for at least three days. Two days after the extraction, rinsing with warm salt water will help keep the area clean. Let the water run out of your mouth with your head tipped over the sink.

You can begin rinsing the 24 hours after the extraction. If you are not careful, you may lose the blood clot forming in the open wound. This condition is called "dry socket", and is very painful. It can be treated with medicine, and it is temporary.

Southern Oregon **DENTAL**

WHERE IT'S ALL ABOUT CHOICE

It is important that you eat. A liquid or soft diet may be necessary for a few days. Soup, mashed potatoes, milkshakes and creamed vegetables make a good soft diet. Remember not to use a straw.

Avoid strenuous activity for the first 24 hours. It causes your blood pressure to rise and may cause a reoccurrence of hemorrhage.

Take all medications as directed. Medications are prescribed to control pain or prevent infection. Please be sure to inform the dentist if you are on blood thinners.