

# WHAT TO DO AFTER YOUR TOOTH EXTRACTION.

## WHAT TO EXPECT

Some discomfort, bleeding and/or swelling are expected after having a tooth extraction. The following are guidelines to follow, which will help the healing and lead to a quicker recovery.

## DISCOMFORT

Take 2 Extra-Strength Tylenol, Motrin, or 3 to 4 Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If we have given you a prescription for stronger pain medication, you can take one tablet when you arrive home. Then follow the directions for the prescription. To avoid nausea, do not take any medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as it will help the area to heal.

## BLEEDING

To help reduce the bleeding, you should have a gauze pad over the area and gently but firmly bite on it for 20 minutes. A small amount of bleeding is normal. If you still have significant bleeding you can bite down on a wet tea bag for 20 more minutes. Be sure to call us if bleeding persists or increases after 2 hours. To promote blood clotting, follow the following instructions for the next 24 hours.

- . Keep your head elevated with pillows and avoid excessive activity for the next 24 hours.
- . Avoid spitting, blowing your nose forcefully or using a straw.
- . **Avoid smoking** for 4-6 hours and drinking alcoholic beverages for 24 hours.
- . Do not swish or vigorously rinse your mouth for the first 48 hours.
- . To keep the blood clot intact, avoid touching the extraction site with your fingers or tongue.

## SWELLING

Swelling is anticipated following more difficult extractions. To minimize swelling, apply an ice pack to your face for 15 minutes on, then 15 minutes off for the first 6 hours following tooth extraction. You may continue ice compresses for the next 48 hours as needed.

## DIET

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, oatmeal, ice-cream, yogurts, cool soups and pasta. Drink at least eight large glasses of water per day for the first few days. Vitamin C aids in healing, therefore, fresh orange or tomato juices are excellent following surgery. Be sure to stick to a nutritious diet during the healing period.

## ORAL HYGIENE

After surgery, it is important to keep your teeth as clean as possible to avoid infection and

promote healing. For the first few days, gently brush the teeth away from the extracted area. Do not brush the gums where the tooth was removed. This could damage the clot and take longer to heal.

## **ACTIVITY**

Generally, it is advised that you relax and rest in a chair the day of the extraction and avoid any significant physical activity. This will promote your healing.

**IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US AS SOON AS POSSIBLE.**