



Extraction Post-Operative Instructions

Immediately Following Your Procedure:

Please bite on the gauze pad placed over the extraction site and keep it in place for 15-20 minutes. After this time, the gauze can be removed and discarded. It is not necessary to replace the gauze unless you notice active bleeding from the site. Some bleeding is to be expected - this is usually minimal and appears to be more than it is due to blood mixing with saliva. If you continue to have heavy bleeding characterized by a mouthful of bright, red blood, please call us.

As with any surgery, some pain and discomfort is to be expected, but to ease your transition please take the prescribed (if applicable) or recommended pain medication before the anesthetic has worn off. If antibiotics were prescribed, please continue to take your medication until all the pills are gone, even if you no longer have any symptoms.

During the First 24 Hours:

To aid in the formation of a blood clot at the extraction site and to prevent 'dry-socket,' please refrain from smoking or using smokeless tobacco, limit any strenuous activities, and stay away from very hot, carbonated, or alcoholic drinks as these can dissolve the blood clot prematurely and lead to delayed healing and increased pain. You may brush your surrounding teeth as usual, but refrain from using any mouth rinses or flushing the socket until the following day. To keep swelling to a minimum, you may place an ice pack or a bag of frozen vegetables over the area for 20 minutes on, 20 minutes off.

Limit your diet to soft foods and a relatively bland diet. It's also best to avoid anything with small seeds or particles that could get trapped in the extraction site. Contrary to what you might have heard, using a straw to drink liquids is perfectly fine. It is not likely that the suction created by using a straw could dislodge the blood clot or cause any significant damage.

After the First 24 Hours:

You may begin to eat and drink normally as soon as you're comfortable. Resume your regular hygiene routine and you may use the plastic syringe (if provided) to help remove food from the extraction site after you've eaten. You may also use warm salt water to swish gently a couple times a day to help speed healing. At this point, using a heating pad is better than ice because it helps promote blood flow in the area.

If sutures (stiches) were placed, they will usually dissolve on their own within 4-5 days but it is not uncommon to lose them earlier. As best you can, please refrain from playing with them with your tongue.

When To Call:

- If you experience heavy or increased bleeding
- You have pain that starts to worsen after 2-3 days instead of gradually decreasing
- You have a reaction to any medication prescribed