

# Information Following a Tooth Extraction

## Bleeding

After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30 – 45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw.

## Rinsing

Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with 1 teaspoon of salt. You can do this every 3 – 4 hours a day, especially after meals.

## Swelling

Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15 – 20 minutes of every hour for the next 6 hours.

## Medications

For pain, you may take 1 – 2 Tylenol every 3 hours as needed. A stronger medication can be prescribed. Be sure to use all medications as directed.

## Food

A light diet with plenty of fluids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from the extraction site.

## Oral Hygiene

Continue brushing and flossing, being extra gentle near the extraction site.

## Other

Call our office if any unusual symptoms occur.