

## Post-op Instructions:

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it's important to protect it; especially for the next 24 hours.

### ***It is important to avoid:***

***smoking***

***sucking through a straw***

***rinsing your mouth vigorously***

***becoming overheated such as in a sauna or hot tub***

These activities could dislodge the clot and slow down the healing.

Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduces bleeding, and helps the healing process.

After the tooth is extracted, you may feel some pain and have some swelling. You can use an ice bag (20 minutes on, 20 minutes off) too keep this to a minimum. The swelling usually starts to go down after 48 hours.

To control discomfort, take pain medication as recommended. Do not take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all signs and symptoms of infection are gone.

Also:

drink lots of fluids

eat only soft foods on the day of the extraction

do not consume alcoholic beverages

avoid hot and spicy foods

You can begin eating normally the next day, or when it feels comfortable. Gently rinse your mouth with warm salt water three times a day. Use a teaspoon of salt to a warm glass of water; rinse, swish, and spit. Also, rinse gently after meals; this helps keep food out of the extraction site.

It is very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue, and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh. Call us right away if you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to the medication.