



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 a healing blood clot. Keep light pressure on it for 30-45 minutes (60 minutes if on blood thinner), and replace if bleeding continues. Slight oozing will occur over the next few days. Avoid activities that could apply suction action to the blood clot, such as smoking or sucking through a straw.
- **RINSING:** DO NOT RINSE today; tomorrow and for the next 5 days, rinse with a glass of very warm salt water (1/2 teaspoon of salt in 8 Oz glass of water. It is important to finish the whole 8 Oz. Rinse, DO NOT SWALLOW. Repeat after meal and before bedtime.
- **SWELLING:** Some swelling and skin bruising will occur. A cold moist cloth with ice bag or bag of frozen vegetables can keep it to a minimum. Place on the affected area for about 10-15 minutes of every hour for the next 6 hours.
- **MEDICATIONS:** Tylenol or Advil is usually sufficient for routine extractions. Take 1 or 2 every 4 to 6 hours as needed. If you were prescribed with a stronger pain medication, then simply follow the prescription.
- **FOOD:** Drink plenty of fluids. On the first day, stay on a light diet that is cold and soft, ie: ice cream, yogurt, apple sauce, milk shake, jello, pudding, anything that is soft as scramble eggs and spaghetti. Resume normal diet if tolerable. NO NUTS!!!
- **ORAL HYGIENE:** Try to avoid brushing or rinsing until tomorrow morning. If must, gently swish with cold water. Resume routine oral hygiene care tomorrow, and supplement the about rinsing for 5 days.
- **BONE CHIPS:** During healing, you may notice small bone fragments working their way through the gum. We can easily remove them if they are too annoying.

WHEN IN DOUBT, CALL: (201) 224-4400