

Tooth Extraction - Post-Operative Instructions

✨ What to Expect:

- Some bleeding for the first 24 hours (biting on gauze helps. Extra gauze is given. Switch out every 30 minutes until bleeding stops).
 - If bleeding persists, biting on damp tea bag will help the area clot
- Swelling and slight discomfort (peaks around Day 2–3)
- Mild bruising of the cheek or jaw
- Stitches may dissolve after day 5

Call If You Notice:

- Persistent bleeding after 24 hours
- Severe pain not controlled by medication after 3 days
- Signs of infection: swelling, fever, bad taste
- Trouble opening your mouth or swallowing

✗ What to Avoid:

- No spitting or rinsing for at least 3 days (Avoid Listerine and mouthwashes at this time)
- No drinking through straws for at least 3 days (protect that clot!)
- No smoking or vaping for 3 days
- No vigorous activity for 24 hours

✓ What to Do:

- Apply ice in 20-minute intervals for the first 24 hours
- Rest with your head slightly elevated
- Drink lots of water (but gently)
- Stick to soft foods: mashed potatoes, smoothies (with a spoon!), soup
- Brush gently, avoid the extraction area
- Non-narcotic pain regimen will be given consisting of Tylenol + Ibuprofen (advil/motrin). These two medications taken together will be as effective as a narcotic without the negative side effects of narcotics

Gibney Pro Tips:

- Skip citrus juices for a few days—acid = ouch!
- Rinse with salt water starting Day 3 (1 tsp salt in a cup of warm water, 2–3x/day)
- Ice cream is allowed. Healing tastes sweet sometimes.