

## **EXTRACTIONS**

### **After Care Instructions**

- Protect the clot at extraction site:  
For the next 3 days, it is very important to allow your body to form a good clot and heal. DO NOT disturb the area (no swishing, using straws, smoking, or crunchy foods). Chew on the opposite side for 24 hours.
- Bleeding: Bite on gauze for 30 minutes with light pressure. Replace with new gauze or a tea bag if still bleeding. Some red saliva or pillow stains are normal.
- NO SMOKING: Avoid smoking completely due to high risk of dry socket.
- Pain management: Take OTC or prescribed pain meds as directed.  
Recommended to take with food to avoid stomach upset. No alcohol or driving if on prescription meds.
- Numbness: Be very careful not to bite, chew, pinch, or scratch the numb area. You might be numb for several hours after you leave the office.
- Swelling: Apply ice packs on the affected area for 15 min on, then 15 min off. Repeat as needed in the first 24hrs.
- Brush your teeth gently, avoid the area of surgery for 3 days.
- No rinsing for 24 hrs. Then rinse 3–4x/day with salt water.
- Soft diet for 3-5days. Hydrate well and eat balanced meals.
- Rest and avoid strenuous activity on the day of surgery. No heavy lifting more than 20lbs.
- Bone Graft: It is not uncommon to notice small specks or sandy granules in the area with a bone graft.
- Sinus: If your sinus was involved in the procedure, you should avoid blowing your nose or stifling a sneeze for one week. The use of decongestant medications might be recommended.
- Stitches: Most dissolve in a week. Avoid touching with tongue. Follow up if removal is needed.

### **When to Contact the Office**

- Excessive bleeding that lasts more than four hours, or new bleeding from the site.
- Swelling that worsens after 2-3 days.
- Difficulty swallowing or breathing.
- Signs of infection, such as fever, chills, pus, or redness.
- Pain that doesn't improve after taking pain medication, severe pain that lasts more than four hours, or worsening days after the procedure.