

Post-Extraction Care Instructions

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 20 minutes after the appointment. If the bleeding or oozing persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

- Keep your fingers and tongue away from the socket or surgical area.
- You may wish to apply ice 20 minutes on and 10 minutes off. (Note: Bags of frozen peas work well.)
- Swelling of the face and jaw may occur over the next 3-4 days. Elevating your head with pillows for those days may help reduce swelling.
- For discomfort:
 - Pediatric dose: Varies based on weight
 - Adult dose: 400-600mg ibuprofen and 500 mg Tylenol can be taken together every 6 hours. ****do not take these medications if you have allergies or other medical reasons to avoid them**
- Drink plenty of fluids. (Do not use a straw or spit—this creates suction in the mouth that could cause complications.)
- We suggest that you do not smoke, vape or chew tobacco for at least 1 week after surgery.
- Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful: your regular caloric and fluid intake has been reduced, so you may get light-headed, dizzy, or weak.
- If your jaw muscles become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- After the first post-operative day, use a warm saltwater rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks (yogurt, ice cream, milkshakes, soup, mashed potatoes, eggs, etc.). Avoid hot foods or drinks, hard/sharp foods and anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, chips, toast, or similar foods.