PURE SMILE

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(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

After a tooth extraction or wisdom tooth removal

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- Pain, swelling and some light bleeding. The first few days are the worst; then it gets better.
- At about one week, the site starts to close.
- Pain and swelling go down over 2 to 4 weeks. Full healing can take several weeks.
- A blood clot forms in the socket: protecting it is the most important thing.

The first 72 hours

- If it bleeds, bite gently on clean gauze or a moist tea bag.
- Put ice on your cheek on and off for the first 48 to 72 hours. After that, use moist heat if your jaw is still sore.
- Rest for the first few days: no strenuous exercise or sports.
- For the first few days: no straws, no spitting or vigorous rinsing, and no smoking or smokeless tobacco.
- Avoid alcohol while you recover.

What to eat

- For the first few days, soft or liquid foods: lukewarm soup, yogurt, smoothies with a spoon, mashed potatoes, eggs.
- Avoid hot, spicy, hard, chewy or crunchy foods.
- Go back to solid foods slowly, as you feel ready.

Oral hygiene

- Brush your other teeth as usual starting the next day, without touching the site.
- Starting the next day, rinse gently with warm salt water (half a teaspoon in a glass) several times a day.
- If we give you a syringe to clean the site, use it as directed.

For discomfort

- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions. If we prescribed a medication, take it exactly as directed.

Call us if...

- Pain is severe or gets worse instead of better.
- Severe pain starts a few days later, spreads to your ear or comes with a bad taste (it may be dry socket).
- Bleeding is heavy or will not stop.
- Swelling increases or you have a fever.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American Association of Oral and Maxillofacial Surgeons (AAOMS). It does not replace your dentist's instructions.