

Masters Dentistry Tooth Extraction Care Instructions

At Masters Dentistry, we want your healing to be as comfortable and predictable as possible. The following guidelines will help support proper healing after your extraction.

The First 24 Hours

Do not rinse, spit, swish, or use a straw, as these actions can dislodge the healing clot. Avoid smoking or vaping for at least 48 hours, longer if possible. Rest and avoid strenuous activity for the remainder of the day.

Bleeding Control

Light bleeding or oozing is normal. Bite firmly on gauze for 30 minutes to help control bleeding. If bleeding continues, replace the gauze and bite firmly for another 30 minutes. If bleeding does not improve, please contact our office.

Swelling and Discomfort

Mild swelling is expected. Apply an ice pack to the outside of your cheek for 20 minutes on and 20 minutes off during the first 6 to 8 hours. Take prescribed or over-the-counter pain medication as directed.

Oral Hygiene

Continue brushing and flossing, avoiding the extraction site for the first 48 hours. After 24 hours, begin gentle salt water rinses. Mix ½ teaspoon of salt in 8 ounces of warm water and rinse after meals and before bed for one week. Avoid mouthwash containing alcohol during the healing period.

Diet

Stick to soft foods for the first 24 hours such as yogurt, smoothies, soup, eggs, or mashed potatoes. Avoid hot, spicy, or crunchy foods and avoid alcohol. Stay well hydrated, but do not use a straw for at least one week.

Bone Edges or Hard Spots

You may notice small, firm areas near the extraction site. This is a normal part of the healing process and often resolves on its own. In some cases, it may need to be smoothed at a follow-up visit.

Dry Socket

Dry socket is a painful condition that can occur if the blood clot is disrupted. It may present as increasing pain a few days after surgery, often with a bad taste or odor.

Contact Masters Dentistry if you suspect a dry socket.

Pain Management

Over-the-counter anti-inflammatory medications such as ibuprofen are recommended if approved by your physician.

Acetaminophen (Tylenol) may be alternated if additional relief is needed.

Medications

Continue your regular medications unless instructed otherwise.

When to Call the Office

Bleeding that does not improve after following the steps above.

Severe pain not relieved by medication.

Swelling that worsens instead of improving.

If you need to reach us after hours, please call our office and follow the prompts to be connected to our emergency line.

If you have any concerns, please contact Masters Dentistry at (586) 463-8635