



POSTOPERATIVE INSTRUCTIONS AFTER DENTAL EXTRACTION

During the first 24 hours:

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket.

- Bite on gauze pad firmly for 30 min. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal; however, after 1 hour, repeat with clean gauze pad if oozing is profuse. The site could ooze for as long as 24 hours.
- Don't spit, and don't suck on hard candies or through a straw.
- Don't rinse your mouth, and don't brush or floss next to the site.
- Try to avoid sneezing or coughing, so have sinus or allergy medicine on hand if necessary.
- Limit your activity. Do not do anything to raise your blood pressure ie: running, playing, ect.
- Don't drink hot or carbonated drinks.
- Avoid anything that has alcohol, such as mouth rinses.

To control Discomfort: Take pain medication (tylenol) before the anesthetic has worn off.

To Keep swelling to a minimum: Use an ice bag over area, 20 minutes on and 20 minutes off.

When numbness has worn off completely: Drink lots of fluids and eat soft nutritious foods, chewing on the opposite side.

After the first 24 hours:

Begin to eat normally: as soon as it is comfortable.

Resume brushing and flossing: but clean gently around the site for about a week.

If antibiotics were prescribed: continue taking them till gone.

Reduce soreness for swelling: by applying moist heat. Swelling usually starts to go down after 48 hours. Rinse your mouth very gently with warm salt water. Use about a teaspoon of salt per glass of warm water. Rinse two to three times a day for the week following the extraction.

When to call us: It is normal to experience some discomfort for several days after the tooth extraction, but call us right away if you have:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond 2-3 days.
- A bad taste or odor in your mouth
- A reaction to the medication

**My Dentist
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Please contact the office if you have any questions or concerns!

www.childrensdentistnh.com

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