



Neighborhood **Dental**

Instructions Following Extractions

1. Bleeding

- a. Some bleeding is normal after any extraction. Bite on gauze pad for 15 minutes; use a fresh pad for an additional 15 minutes. Repeat if necessary. Make sure gauze pad is wet prior to placing on extraction site.
- b. Keep head elevated and rest quietly.
- c. Some oozing of blood and discoloration of saliva is to be expected.

2. Pain

- a. Some discomfort may be experienced following an oral surgery tooth extraction or professional teeth pulling. If needed, take prescribed tablets for pain. Prescription medications often induce drowsiness. We, therefore, do not want you to drink alcohol, to drive, or to operate any power equipment while under the influence of these agents.
 - b. The recommended pain medication for me today is:
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3. Mouth Wash

- a. Do not rinse mouth. Tomorrow use a salt solution (one tablespoon of salt dissolved in a glass of warm water) every 3 hours to cleanse the affected area.

4. Diet

- a. Liquids and soft foods only.
- b. Drink lots of fluids. **DO NOT USE A STRAW.**
- c. Avoid very hot, cold or spicy liquids.
- d. Avoid getting particles of food into empty space. If food does get lodged in empty space – LEAVE IT ALONE! It will either be incorporated into the clot or expelled on its own.

5. Swelling

- a. Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply ice bag to affected area for 10 minute intervals. Remove for 10 minutes. Repeat until swelling is relieved.

6. Avoid

- a. Smoking
- b. Rinsing mouth
- c. Frequent spitting
- d. Sucking through a straw

Failure to avoid any of the above may result in loss of the primary blood clot and the development of dry socket, an extremely painful condition.

Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.