

Tooth/Teeth Extraction Post-Operative Instructions

Please follow the instructions listed below to avoid any complications following your procedure.

BLEEDING

Dr. Damore will place a gauze pack on the extraction site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for **30 to 45 minutes** after you leave the office. **Do not chew on the pack.** If bleeding or oozing continues after the pack is removed follow this procedure:

Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site.

Apply moderate pressure by closing the teeth firmly over this pad. Maintain this pressure for about 30 minutes. Repeat if necessary.

Do not suck on the extraction site. (Remember that a lot of saliva and a little blood may look like a lot of bleeding.)

If heavy bleeding continues, call our office.

MEDICATION

Dr. Damore may prescribe medication to control discomfort and prevent infection. Use it only as directed. If the medication prescribed does not seem to work for you, do not increase the dosage. **If you have prolonged or severe discomfort, swelling, bleeding or fever, call our office immediately.** Dr. Damore will give you exact instructions on how to care for your problem.

RINSING

The day after the extraction, gently rinse your mouth with warm salt water (half teaspoon of salt in one glass of warm water.) Rinsing after meals is important to keep food particles out of the extraction site, but remember not to rinse vigorously.

SMOKING/SUCKING THROUGH A STRAW:

Do not smoke, rinse your mouth vigorously or drink through a straw for 24 hours. These activities create a suction in the mouth, which could dislodge the clot and delay the healing process.

DIET

The day of the extraction, drink plenty of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. For about two days, try to chew food on the side opposite the extraction site. **If you are troubled by nausea and vomiting call Dr. Damore immediately.**

THE BLOOD CLOT

After an extraction, a blood clot forms in the tooth socket. **This clot is part of the normal healing process.** It is important to avoid activities that may disturb the clot. Here's what you can do to protect it:

- Do not clean the teeth next to the extraction site for the rest of the day. You should, however, brush and floss your other teeth thoroughly.
- Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the clot to form.

SWELLING & PAIN

After a tooth is removed, you may have some discomfort and notice a little swelling. You can help reduce the swelling and discomfort by applying a cold compress to the face. For several hours after the extraction, you can use an ice bag or a cold, moist cloth.

ORAL HYGIENE

It is important to brush and floss the teeth at least once a day. The tongue should be brushed. This will eliminate the bad breath and unpleasant taste that is common after an extraction. Always use a soft bristled brush so that you do not injure the tissues in your mouth. On the day of the extraction, avoid cleaning the teeth next to the healing tooth socket.

Remember that you have just had minor surgery. Be kind to yourself!

If you have any questions, please do not hesitate to call our office at 856-228-6688.