

Instructions after an Extraction

Date: May 10, 2017

For:

Anesthetics

The length of time you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

Bleeding

Your dentist 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. There may be some bleeding or oozing after the pack is removed. *If it does not stop in a couple of minutes*, then 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 the pad. Maintain this pressure for about 30 minutes. Replace *no more often* than every 30 minutes until the bleeding stops.
- ◆ Do not suck on the extraction site.
- ◆ A slight amount of blood may leak at the extraction site until a clot forms. However, if heavy bleeding continues, call your dentist. (Remember, though, that a lot of saliva and a little blood can look like a lot of bleeding.)

The Blood Clot

After an extraction, a blood clot forms in the tooth socket. This clot is a important part of the normal healing process. You should therefore avoid activities that might disturb the clot. Here's how to protect it:

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

- ◆ Do not clean the teeth next to the healing tooth socket for the rest of the day. You should however, brush and floss your other teeth thoroughly. *Gently* rinse your mouth afterward.

- ◆ Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the blood clot to form.

- ◆ If you have sutures, your dentist will instruct you when to return to have them removed.

Medication

Your dentist may prescribe medication to control pain 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 pain, swelling, bleeding, or fever, call your dentist immediately. He or she will give you exact instructions on how to care for your problem.

Swelling and Pain

After a tooth is removed, you may have some discomfort and notice some swelling. You can reduce swelling and pain by applying a cold compress to the face. An ice bag or cold moist cloth can be used 30 minutes on and 30 minutes off for the first two to three hours. Make sure that you do not freeze the skin.

Diet

After the extraction, drink lots 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 your dentist for advice.

Rinsing

DO NOT RINSE FOR THE FIRST 24 HOURS. After that you may *gently* rinse your mouth with warm salt water (half a teaspoon of salt in an 8 oz.

glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site, but remember *not* to rinse your mouth vigorously. Avoid using a mouthrinse or mouthwash during this early healing period.

Oral Hygiene

It is important to continue to floss your teeth and brush thoroughly at least twice a day. The tongue should also be brushed. This will help 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. Following extraction, avoid cleaning the teeth next to the healing tooth socket.

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

Dr. Michael O. Vernon
Dr. Christopher Moldovan
Dr. Katherine Boone
Office Telephone Number -
706-860-0518

After hours use this same number
and the answering service will be
able to contact us.

Special Instructions
