



### Extraction Post-Operative Instructions

**Phone number: (651) 426-9499.** If after hours, you will be instructed on our voicemail as to how to contact one of our doctors on call. If you believe you are experiencing an emergency infection that necessitates immediate treatment, please go to your nearest emergency room.

#### What to expect post extraction?

- The area where the tooth was removed will likely have some pain, discomfort, swelling and bleeding. Minor amounts of all of these are normal after removing a tooth. Every patient has a different post-operative experience depending on how quickly they heal, level of infection, other compromising health factors, and amount of trauma experienced in area during the tooth removal.
- Your jaw muscles and joints may be sore post extraction. This is typically due to being open for an extended period of time and/or pressure placed on the jaw during extraction.
- Following the instructions listed on this document and taking any prescribed or recommended medications appropriately, typically aids in reducing the healing time.
- Typically, post-extraction pain and swelling will be present for 1-5 days and should show some improvement as time progresses.

#### Post-Operative Instructions:

- **Bleeding:** To help reduce bleeding from the extraction site we will provide you with gauze to bite down on. Pressure is the best way to reduce bleeding. If you experience bleeding when at home, bite down on dampened gauze for 30 to 60 minutes or until the gauze is fully saturated. Repeat this as necessary to reduce bleeding. A dampened tea bag is an excellent alternative if you do not have any gauze at home. Expect to have some bleeding from the extraction site for the first 24 hours. Remember that when blood and saliva mix it will look like more blood than there actually is present. If you believe you are experiencing excessive bleeding or are concerned, please give us a call.
- **Smoking:** It is very important to avoid smoking after a tooth extraction. The chemicals in tobacco products can irritate the gingival tissues and extraction site and delay healing. Also, the action of inhaling can increase the likelihood of dislodging the blood clot forming in your extraction site. This can lead to the formation of a dry socket, which can be extremely uncomfortable, will delay healing, and likely necessitate another trip into the dental office. The first 3-4 days are the most important days to avoid smoking, but we advise not smoking for as long as possible to reduce healing time and the risk of dry sockets.
- **Diet:** We want you to have adequate nutrition following your tooth extraction but we advise avoiding certain foods/drinks for 2-4 days after your extraction. Please avoid hard, crumbly foods (chips, cookies), and spicy/hot foods. A soft diet, especially initially, will help reduce discomfort. We also want you to have your normal fluid volume intake but advise you to avoid drinking through straws and to avoid carbonated and alcoholic beverages. If you begin to eat

harder/firmer foods and it is bothersome to your jaw muscles and the extraction site you may need additional time eating a soft diet.

- **Activity:** We want you to limit rigorous activity following extraction for the first 24-48 hours. Avoid exercising and lifting heavy objects.
- **Swelling:** There will be some swelling around your extraction site. Utilize an ice pack applied in 20-minute intervals on the outside of your cheeks or jaw in the area of the extraction for the first 24 hours. Typically, the swelling is due to inflammation around the socket site but occasionally it can be due to infection. If you notice pus, foul odor, or signs of infection please contact us.
- **Jaw Soreness:** After utilizing cold for 24 hours to help manage swelling, using a heat pad can be beneficial for reducing muscle/jaw soreness.
- **Oral Hygiene:** Brush your remaining teeth but be very careful and gentle around your extraction site for the first 3 to 4 days. After the first 24 hours salt water rinses should be utilized after eating but rinse gently and don't spit the rinse out aggressively. Let the water just drain from your mouth into the sink.
- **Blowing nose/sneezing:** If we extracted an upper tooth, we may ask you to avoid sneezing and blowing your nose aggressively for 3-4 days following extraction. If you must sneeze, please do so with your mouth open.
- **Medications:** Please take the prescribed medications as recommended by the doctor. If you are prescribed any antibiotic, please take the full recommended dose, even if you think your extraction site has healed. Some antibiotics require a certain amount of time to be fully effective. If you are prescribed pain medication, please follow the instructions and dosing recommendation. If you are having an allergic reaction to any of the prescribed or over the counter medications, please discontinue them and contact our office immediately or emergency room.
- **Sutures (Stitches):** If stitches, we will let you know if they require removal or if they will dissolve on their own. Please try to avoid pulling or playing with them.
- **Loose/Sharp Bone:** Sometimes bony fragments work their way out of the socket site. You may think that it is some tooth that is left behind but typically it is a fragment of bone. They may be sharp and bothersome to the tongue, but will usually work their way out or round off on their own. If something uncomfortable is persisting contact us.
- **Dry Sockets:** The likelihood of these can be reduced by following the instruction listed above. However, sometimes a dry socket still can occur. It is usually due to delayed healing or blood clot dislodgement from the socket site. Typical presentation of a dry socket are:
  - Increased pain 3-4 days following the extraction. Usually at this point pain should be reduced so if you notice a sharp increase in pain, it may be due to a dry socket
  - Visible bone in the socket site. Usually this means the blood clot in the socket has been dislodged
  - Foul or unpleasant odor coming from the extraction site.

**Thank you for trusting us with your treatment. Remember to contact our office at 651-426-9499 if you have any questions regarding your extraction.**