



Patient Instructions for Extractions

- After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That is why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times. A moist tea bag can also be used to help stop the bleeding. Place a moistened tea bag over the extraction site and maintain pressure for 15 minutes. Repeat as needed.
- After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, spit, **smoke**, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and slow the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.
- After 24 hours, you may gently rinse your mouth with warm salt water (1 tsp. of salt dissolved in an 8 ounce glass of warm water). Rinse at least 3 times a day to help keep the extraction site clean.
- After the tooth is extracted you may feel some pain and experience some swelling. An ice pack applied to the area will keep swelling to a minimum. Take pain medications as prescribed. The swelling usually subsides after 48 hours.
- Use the pain medication as directed. Do not drive while taking prescription pain medication. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. Drink lots of fluid and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable.
- It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least twice a day. This will speed healing and help keep your mouth fresh and clean.
- During the healing process, you may have small, sharp bone fragments that will loosen and come through your gum tissue over time. These are not roots. If these bone fragments become bothersome, call the office and arrange to have them removed.
- After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for two to three days, or a reaction to the medication, call the office immediately at (434) 239 6948