



## **Post-Op Instructions - Extraction**

### During the first 24 hours...

It is important that a blood clot forms on the extraction site to prevent bleeding, reduce pain and speed healing. To avoid the pain of a dry socket:

- Continue biting the gauze pad for 30-60 minutes following your procedure. If bleeding still occurs, replace with a clean gauze.
- Don't rinse your mouth, and don't brush or floss next to the site.
- Don't spit or suck through a straw.
- Avoid tobacco use for at least 72 hours.
- Avoid drinking hot, carbonated or alcoholic drinks.
- Use an ice bag over the area to minimize swelling.
- Take pain medication to control discomfort.
- Avoid excessive work or play.
- Drink lots of fluids and only eat soft nutritious foods, chewing on the opposite side.

### After the first 24 hours...

It is important to resume your normal dental routine after 24 hours, which includes brushing and flossing your teeth. You can also rinse your mouth very gently with warm salt water. This will help speed healing and keep your mouth fresh and clean.

Begin to eat normally as soon as it's comfortable. If antibiotics were prescribed, it is important to continue taking them for the indicated length of time.

It is normal to experience discomfort for several days after a tooth extraction. However, please contact us right away if you are experiencing:

- Heavy or increased bleeding
- Increased pain or swelling beyond three days
- A bad taste or odor in your mouth