



## Tooth Extraction Post-Operative Instructions

- Bite on gauze with pressure for one hour following an extraction to promote healthy clotting. If bleeding continues after one hour, repack with gauze and bite again.
- Reduce activity for 24 hours.
- Avoid rinsing the mouth, vigorous spitting, sucking through a straw, and alcohol for eight hours. **Avoid smoking for at least 48 hours.** Follow these instructions to protect the clot and to avoid a painful dry socket.
- Approximately 8 hours after surgery you may begin gentle mouth washes. Rinse with warm salt water (1/2 tsp. salt per 8 oz. of warm water) twice daily and after meals. Continue for 2 weeks.
- Apply ice packs intermittently to the cheek areas overlying the extraction locations. Apply for 15 minutes on, then 15 minutes off, repeating this sequence for about 6 hours or until bedtime.
- Eat a soft, nutritious diet with plenty of fluids.
- Take medication as prescribed by your dentist.
- Some swelling and bruising is normal. There will be discomfort and pain. The prescribed pain regimen should reduce and control this discomfort but may not eliminate it completely.
- If prolonged or severe pain, swelling, bleeding, fever, or rash occurs, you should contact our office so that specific instructions can be given.
- Return to the office for re-evaluation and suture removal if indicated by your dentist.