

The DENTAL Place - Care Instructions Following Extractions

- **Swelling and Stiffness** is normal and should not cause alarm. Apply cold towels or an ice bag to your face for the first 6-8 hours. Apply for 20 minutes, then remove for 20 minutes and repeat.
- Refrain from heavy lifting and exercise for 24-48 hours.
- Remain quiet for the next 24 hours
- A blood clot will form in the extraction site. Avoid anything that will cause the blood clot to become dislodged, such as sucking through a straw, forceful spitting, and carbonated drinks.
- Avoid smoking or chewing tobacco for 3 days.
- Do not consume alcohol or use any mouth rinses that contain alcohol.
- Keep fingers and tongue away from the extraction site.
- **BLEEDING-** It is normal for saliva to be slightly streaked with blood for 1-2 days. If you are biting on gauze, do not change them out until they are completely soaked with blood. Before changing out the gauze, moisten new gauze with water and squeeze out the excess. Place moistened gauze on the extraction site and bite down. Apply pressure. If bleeding has stopped, gauze can be removed 2-3 hours after the tooth has been extracted. If there is excessive bleeding 4-6 hours following extraction, call the office.
- We recommend that you take an analgesic medication for pain-relief within one hour of leaving our office to allow the medication to be effective before the anesthesia administered begins to subside. Generally only a single dose is required; however, some people may require pain relieving medication over the next several days. Ibuprofen (Advil, Motrin) 400-800mg every 6 hours (not to exceed 3200mg/day) is recommended for patients able to take

non-steroidal anti-inflammatory medication. For people unable to take ibuprofen, Acetaminophen (Tylenol) 1000mg every 6 hours (not to exceed 4000mg/day) is recommended. Do not consume alcohol while taking acetaminophen, medications containing acetaminophen, prescribed antibiotics or prescribed pain relievers. Dr. Ho may prescribe medications and will advise you on the appropriate use of these medications.

- **DIET-** Do not eat anything hot, spicy, or greasy. A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Rinse mouth after eating or drinking with warm tap water. (Do not rinse forcefully!)
- On the morning following surgery, rinse mouth with warm salt water ($\frac{1}{2}$ tsp salt to a glass of warm water). Repeat this several times daily. (Do not rinse forcefully)
- Return to the office if undue symptoms develop.