



Home Care Following the Extraction (Removal) of a Tooth

Bleeding control

Leave the gauze pads in place for approximately 20 minutes. Some bleeding is expected. Replace gauze if bleeding persists. Be sure to call our office if excessive bleeding persists or increases.

Avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously.

NO Smoking.

Rinsing

It is important that you DO NOT swish vigorously when rinsing. Let the water pour out. Once the first 24 hours has elapsed, rinse gently, not aggressively. Do not brush the extraction area for the first 48 hours. 24 hours following the procedure, you can rinse gently with mouthwash or a warm salt-water solution (dissolve one teaspoon of salt with one cup of warm water); gently swish the solution around the affected area, and spit carefully. You should do this 2-3 times each day for the week following the extraction.

Swelling

Swelling is common after tooth extraction and may reach its peak in 2-3 days. Remember, swelling does not mean infection.

An ice pack/cold compresses may be placed over the area for 20 minutes. Remove it after 20 minutes, place in the freezer and then replace for 20 minutes. Do this for the first 6 hours.

Pain management / Medication

Some discomfort after the extraction is normal. An over-the-counter pain reliever, such as ibuprofen or acetaminophen, is usually sufficient.

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. If any medication does not agree with you, please call us for an alternative medication.

Diet

First 24hours: No hot liquids, no hot or spicy foods. Avoid chewing for the first hours or until the numbness has completely worn off.

After the first 24hours: Eat soft, easy to chew foods. Chew on the opposite side from which the tooth was removed.

General recommendations

- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
- Be sure to brush and floss the other areas of your mouth as you would normally.
- The space left by the tooth will feel a bit strange to you at first. Eventually, new bone and gum tissue will grow into the gap left by the extraction.