

TOOTH EXTRACTION

For the next 3 days:

- Do **NOT** smoke.
- Do **NOT** suck through a straw or spit forcefully.
- Do **NOT** drink carbonated beverages (soda, beer, etc).
- Do **NOT** eat sharp foods (chips, etc).
- Do **NOT** lie down flat. Prop your head up with a pillow.
- Do **NOT** physically exert yourself. Take it easy!



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Bleeding

A gauze pad has been placed on the extraction site to control bleeding. Pressure should be applied for one hour. If bleeding continues, replace the gauze and continue pressure. If this doesn't stop the bleeding, moisten a tea bag with water and fold it in half and bite down on it for 30 minutes (the tannic acid in black tea helps stop bleeding). Some slight bleeding for the first day or so is normal. If you experience excessive or prolonged bleeding, please call our office.

Swelling

Some swelling following an extraction is to be expected. Apply an insulated ice pack to the side of the face. Leave the ice on for 30 minutes and then off for 20 minutes. Repeat this cycle until swelling subsides. Ice packs should be used in the first 24 hours. Warm, moist compresses should be used thereafter to relieve discomfort.

Rinsing

Do not rinse your mouth today. Tomorrow rinse with a warm salt-water solution. Rinse morning and evening, and after every meal to prevent food impaction at the extraction site.

Food

During the first two days, a diet of soft foods and liquids (soups, yogurt, milkshakes, etc) is recommended. Chew food the opposite sides from the extraction site.

Oral Hygiene

Continue your normal routine of brushing and flossing. However, avoid the extraction site for the first week. Continue to be gentle in that area until it fully heals.

Medications

Over-the-counter pain relievers (*Tylenol*, *Motrin*) should relieve your discomfort. For more intense pain, your doctor may prescribe a stronger medication. Always follow instructions as prescribed.

Dry Socket

Though the cause is unknown, 2 to 3% of dental extractions are followed by a clinical condition known as "dry socket". Symptoms begin 2 to 3 days after extraction and include loss of the blood clot from extraction site and moderate to severe pain. If you experience any of these symptoms, call our office for an appointment.