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Post-Operative Instructions for Extractions

Following extraction(s) hold moistened gauze in the area for at least 30-45 minutes firmly, then remove. If bleeding persists, place more gauze and bite firmly another 30 minutes. Repeat, if necessary, for 2 hours.

If bleeding continues after 2 hours, place a moistened tea bag over the area and bite firmly for 10 minutes. Avoid hot liquids during this time. If you continue to have a problem call the office at 386-755-4033.

DO NOT RINSE, SPIT, SWISH OR GARGLE FOR AT LEAST 24 HOURS AFTER EXTRACTION(S). After 24 hours you may rinse GENTLY 3 or 4 times a day for the next 3 to 4 days using a warm salt solution consisting of 1 teaspoon of salt dissolved in a glass of water.

DO NOT SMOKE OR DRINK THROUGH A STRAW FOR AT LEAST 24 HOURS AFTER EXTRACTION(S). This could dislodge the clot forming in the hole where the extraction was done. This is known as a “DRY SOCKET” and is very painful.

Do not drink anything containing carbonation: sodas – Coke, Sprite, Pepsi, etc.
Carbonated water

Swelling after an extraction is not uncommon and need not cause alarm. However, to control this, apply an ice bag or towel saturated in ice water against the cheek for 15 minutes. Repeat ½ hour later.

If swelling has already occurred, apply a cold towel or cold water bag against your cheek for 15 minutes. Repeat ½ hour later as needed until swelling leaves.

If pain is persistent after the feeling is back in your mouth, you can take any over-the-counter medication such as Tylenol or Advil, if you have not been given a prescription pain reliever. Lie down and try to relax. If you continue to have a problem call the office.

Soft foods and chewing on the opposite side of the mouth from where the extraction took place are advisable during the first 24 hours.

Please be aware that small bone fragments may work free and become exposed in, or near the extraction site. These will normally come out on their own, but if this does not happen you will need to contact the office.