

After Tooth Extractions

Gauze Pads

Bite down on the surgical gauze pad for ½ hour. Keep the same gauze pad in for this length of time. Changing it too often can dislodge the blood clot and make the bleeding worse.

Ice

We stress the importance of using ice after treatment.

The ice will do 3 things: help aid in reducing any discomfort, minimize swelling, and decrease the bleeding. The ice pack is to be applied to the outside of the face, 15 minutes on and 15 minutes off while awake. It is normal to have some post op swelling after this procedure. Swelling does reach its peak after 48 hours; the frequent use of the ice pack will minimize the amount of your swelling. Keeping the head elevated also helps to minimize swelling and bleeding.

Oral Hygiene

No rinsing, spitting or brushing teeth is allowed for the first 24 hours. A clot needs to develop to start the healing process, and these activities may disrupt that process.

Diet

A soft diet is suggested after surgery.

Due to the fact that your diet will be altered we encourage you to eat small amounts more often rather than 3 large meals. We ask you to avoid eating yogurt due to the bacterial cultures it contains. Hot liquids should cool before drinking them; the heat can stimulate bleeding.

Smoking

Avoid the use of a straw. Don't smoke for the next few days. Smoking can compromise the healing.

After the first 24 hours, oral hygiene is stressed.

Brushing with a soft toothbrush, frequent rinses after meals with a 50/50 solution of mouthwash mixed with warm water. It is more important to have the mechanical action of the rinsing rather than what you rinse with. Even plain water will do if you are not at home. Do not be alarmed if there is some minor bleeding in the area when you brush. It is temporary and will dissipate with the healing process.

REMEMBER: Call our office if you have any questions about your treatment or recovery. We are available at all times.