



POST-OPERATIVE INSTRUCTION FOLLOWING A TOOTH EXTRACTION

A tooth extraction is a surgical procedure. Therefore, it is natural that temporary changes will occur in your mouth afterward. You will be functioning normally within a few days. In the meantime, you should follow a few simple rules to help promote healing, prevent complications, and make yourself more comfortable. Your mouth will still be numb for a few hours after the extraction so you will want to be careful not to bite your cheek, lip or tongue. After an extraction it is important to allow a blood clot to form to stop the bleeding and begin the healing process. Therefore, we ask you to bite on a gauze pad for 30 to 45 minutes after the procedure.

If bleeding or oozing continues after you remove the gauze pad, place a teabag or gauze over the extraction and bite down for an hour. After the blood clot forms, you should protect it, especially for the next 24 hours. Keep fingers and tongue away from the extraction site. Do not smoke, suck through a straw, rinse your mouth or clean the teeth next to the extraction site. These activities will dislodge the clot and slow healing. Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure down, reduces bleeding and helps the healing process. After resting, do not stand up too quickly or you may pass out.

Following a tooth being extracted you may feel pressure and have some swelling. You can use an ice bag to keep this to a minimum. The swelling usually goes down after 48 hours. Take prescriptions as advised. If no special medication has been prescribed, take Tylenol. Nausea and constipation are common side effects of strong pain medications. The sooner these medications can be discontinued – the sooner this problem will be resolved.

Drink lots of fluids and eat only soft nutritious foods on the day of extraction. Don't use carbonated beverages and avoid hot and spicy foods. You can begin normally eating the next day or as soon as you are comfortable. Gently rinse your mouth with salt water three times a day (mix 1 teaspoon of salt with 8 oz. of warm water, rinse-swish-spit). Also, rinse gently after meals- it helps to keep food out of the extraction site. It is very important to resume your normal dental routine after 24 hours, which should include brushing your teeth and tongue and flossing at least once per day. This speeds healing and helps keep your mouth clean and fresh.

Call the office right away if you have heavy bleeding, severe pain, continuing two or three days, or a strong reaction to prescribed medication. After a few days you will be feeling fine and will be able to resume your normal activities.

Dr. Bob & Dr. Ma are available 24 hours through the office phone number,
847-864-8151.

If you feel you are experiencing an emergency, please do not hesitate to call our office and obtain a number to reach your doctor. It is our pleasure to be here for you.