

## **Care after Dental Extraction**

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

**BLEEDING**: Oozing is normal for 18-24 hours. Excessive bleeding defined as spitting blood clots or saturating gauze in 15-20 minutes. Bleeding is controlled by placing a gauze pack or moist tea bag wrapped in gauze directly over the bleeding area and applying continuous pressure while biting for 30 minutes. Repeat as often as needed. If uncontrollable, call immediately.

**DISCOMFORT**: Following dental surgery it is normal to experience some discomfort. Ibuprofen 400-800mg, (Motrin/Advil) will usually control most discomfort. If a stronger pain medication has been prescribed, take as instructed.

**SWELLING**: To control swelling, gently apply ice packs to cheek area for periods of 15 minutes on, and 15 minutes off. This should be done for the first 24 hours only.

**HYGIENE**: Do not rinse or use a mouthwash for at least 24 hours. After 24 hours rinse with 1/2 teaspoon of salt in 8 oz. of warm water. Every 1-2 hours is recommended. (The use of commercial mouth washes during the healing period is not encouraged). The toothbrush may be carefully used in the area of the mouth not involved by the surgical procedures.

\*Remember: a clean mouth heals faster.

**AVOID**: Avoid all excessive activity, don't pick at the surgical area, don't drink liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established.

**DIET**: Adequate food and fluid intake following surgery is most important. Eat soft foods for the first 24 hours and chew foods away from the surgical area. Liquid nutritional drinks like (ensure, slimfast, sustical, or carnation instant breakfast) can be used to supplement your diet. They have high nutritional value which is important for prompt healing.

**SUTURES**: If sutures were used, do not fail to return for their removal on the appointment date given.

**ALLERGIC REACTION**: If you develop any generalized rash, itching, etc., call the dentist immediately.

Please do not hesitate to call if you have any questions.

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