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## Post-op Instructions - Tooth Extraction

**DO NOT DISTURB THE AREA:** For the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, spitting, drinking through a straw, and smoking can all dislodge the clot.

**BLEEDING:** When you leave the office, you will be biting on a gauze pad to control bleeding. Keep slight pressure on this gauze for at least 30 minutes. After 30 minutes you may remove it. You may bite on another gauze or a tea bag for another 30 minutes if you feel it is still bleeding. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

**SMOKING:** Smoking must be stopped following surgery for 48 hours. Healing and success of the surgery will be substantially reduced by smoking. Smokers are at greater risk of developing a painful Dry Socket.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, you may take prescribed pain medication or 800mg of ibuprofen (Advil/Motrin) every 6 hrs. Take it before the anesthesia wears off.

**SWELLING:** Applying an ice bag to area will minimize swelling. Apply on and off for 15 minute intervals as needed.

**NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction causes residual numbness or tingling for six weeks or longer.

**RINSING:** After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 8 ounces warm water).

**ANTIBIOTICS:** If you were given an antibiotic prescription, take all of them as directed until they are gone.

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office to have sutures removed, or just for a brief follow-up healing check.

Please call our office if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

*If you have any questions or concerns, do not hesitate to call our office for a follow up appointment.*