

Post-operative Instruction Following Extraction

- **After an extraction it's important for a blood clot to form to stop the bleeding and begin the healing process. Immediately after extraction you should bite on a piece of gauze for at least 20 minutes, if bleeding continues moisten another piece of gauze and place over extraction site. If you were sedated for the procedure use larger gauze until sedation wears off. Please note that a small amount of bleeding is normal for a few days after.**
- **It is important not to dislodge the clot once it has formed. Therefore you should not smoke, suck through straw, rinse your mouth vigorously or clean teeth next extraction site for at least 24 hours.**
- **Swelling is normal and can be lessened by placing a cold compress on the face alternating on and off for 20 minutes. Swelling may last up to a week and can worsen a few days after extraction.**
- **Stitches may take up to a week or two to completely dissolve.**
- **Maintain a normal diet eating softer foods for the first couple days and avoid things that could irritate the extraction site, such as crunchy or spicy food. Also avoid chewing around the site.**
- **It is normal to experience discomfort for several days after extraction, to control pain take all pain medications as directed.**
- **Maintain good oral hygiene on all other teeth to aid in healing. Starting the following day rinse with warm salt water 3 times a day, this will help keep extraction site clean.**
- **After leaving the office avoid strenuous activity for the remainder of the day.**
- **Do not consume alcohol for 24 hours.**

**If you have any questions please contact our office at
576-2950**