



PATIENT INSTRUCTIONS- EXTRACTIONS

Follow these instructions carefully to ensure the successful healing of your tooth extraction.

BEFORE THE PROCEDURE

Schedule some time off, so you can take it easy for several days after your tooth extraction.

If you are a woman taking birth control pills, schedule your appointment during the last week of your cycle.

Arrange to have a friend or family member drive you home.

We may recommend that you take an anti-inflammatory medication before your appointment.

FOLLOW OUR INSTRUCTIONS CAREFULLY

WHEN TO CALL US **405-376-3320**

It's normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond two or three days
- A bad taste or odor in your mouth
- A reaction to the medication

DURING THE FIRST 24 HOURS

It's important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing to protect the clot and avoid the pain of dry socket.

- Bite on a gauze pad firmly for 45 to 60 minutes. If bleeding or oozing continues, bite down on a clean pad or moist tea bag for 45 to 60 minutes.
- Don't spit, and don't suck on candies or through a straw
- Don't rinse your mouth, and don't brush or floss next to the site
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing
- Don't sneeze or cough so have sinus or allergy medication on hand if necessary
- Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding
- Don't drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy food.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended.

To keep swelling to a minimum use an ice bag over the area, 20 minutes on and 20 minutes off.

When the numbness has worn off completely, drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.

AFTER THE FIRST 24 HOURS

Begin to eat normally as soon as it's comfortable

Resume brushing and flossing, but clean gently around the site for about a week

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone

Reduce soreness or swelling by applying moist heat. Swelling usually starts to go down after 48 hours

Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about one teaspoon of salt per glass of warm water. Rinse two to three times a day for the week following the extraction.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL US AT 405-376-3320