



## 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