



## TOOTH EXTRACTION HOME CARE INSTRUCTIONS

AN IMPORTANT ASPECT OF ANY TOOTH EXTRACTION IS THE AFTERCARE AND ENCOURAGING A CLOT TO FORM IN THE EXTRACTION SITE. PLEASE FOLLOW THESE INSTRUCTIONS TO HELP WITH PROPER HEALING:



PLACE PRESSURE ON THE AREA BY BITING GENTLY ON A ROLL OF GAUZE FOR AN HOUR. (ONLY REPLACE GAUZE IF IT IS SATURATED → YOU MAY NEED TO REPLACE THE GAUZE A COUPLE TIMES IF ACTIVE BLEEDING IS STILL PRESENT (BLOOD ACTIVELY OOZING OUT OF THE EXTRACTION SITE). IF ACTIVE BLEEDING STILL PERSISTS AFTER ONE HOUR – PLACE A MOIST TEA BAG (CONTAINS TANNIC ACID WHICH HELPS WITH CLOTTING) OVER THE EXTRACTION SITE FOR 30 MINUTES AND APPLY FIRM PRESSURE → IF BLEEDING IS STILL PRESENT AFTER THIS, CONTACT OUR OFFICE IMMEDIATELY.

### ONCE THE CLOT HAS FORMED:



DO NOT RINSE WITH ANYTHING FOR THE FIRST 24 HOURS



DO NOT SPIT



DO NOT DRINK WITH A STRAW



DO NOT SMOKE FOR AT LEAST 48 HOURS AFTER THE EXTRACTION



NO VIGOROUS ACTIVITIES FOR 48 HOURS



DO NOT USE ASPRIN



GENTLY SWISH WITH WARM SALT WATER 2-3/ DAY STARTING **24 HOURS AFTER THE EXTRACTION**



DRINK 6-8 GLASSES OF WATER THE FIRST DAY (IMPORTANT FOLLOWING LOST OF BLOOD DURING SURGERY – ESPECIALLY WHEN MULTIPLE EXTRACTIONS ARE COMPLETED)

FOR THE FIRST TWO DAYS AFTER THE PROCEDURE, YOU SHOULD DRINK LIQUIDS WITHOUT USING A STRAW AND EAT SOFT FOODS. ANY CHEWING MUST BE DONE ON THE SIDE AWAY FROM THE EXTRACTION SITE. THE MOUTH MAY BE GENTLY CLEANED WITH A TOOTHBRUSH, BUT THE EXTRACTION AREA SHOULD NOT BE SCRUBBED.

USE IBUPROFEN OR TYLENOL AS DIRECTED BY THE DENTIST. IF YOU HAVE BEEN PRESCRIBED PAIN MEDICATION, ONLY TAKE THAT WHICH WAS PRESCRIBED TO HELP WITH PAIN CONTROL. SWELLING IS A NORMAL PART OF AN EXTRACTION. USE AN ICE PACK FOR 10 MINUTES ON, THEN 10 MINUTES OFF FOR THE FIRST 24 HOURS FOLLOWING AN EXTRACTION. SWELLING COULD TAKE 2-3 DAYS BEFORE IMPROVING.

**\*\*SHOULD YOU EXPERIENCE EXTREME PAIN or OTHER PROBLEMS, PLEASE CONTACT OUR OFFICE at 316-260-6220. If the emergency is after normal business hours please call 316-778-0455\*\***