

Tooth Extraction

Follow up Information

- **Bleeding** - After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 40 to 45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw and spitting.
- **Rinsing** - Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with 1/2 teaspoon of salt. Do this every 3 to 4 hours a day especially after meals.
- **Swelling** - Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag can be applied to the cheek. Place on effected area for about 15 to 20 minutes of every hour for the next 6 hours.
- **Medications** - If non-aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.
- **Food** - A light diet with plenty of fluids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from the extraction site.
- **Oral Hygiene** - Continue brushing and flossing, being extra gentle near the extraction site.
- **Chips** - During healing, you may notice small, bony fragments working their way through the gums. We can easily remove them if they are bothersome.



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