

After Tooth Extraction Instructions

After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on the moistened gauze pad for 30-45 minutes after the extraction. Before your dental appointment and for the 24 hours after tooth extraction has been completed aspirin based products are also discouraged, as it is a blood thinner.

If bleeding or oozing continues after tooth extraction after you remove the gauze pad, place another pad on the site of the tooth extraction and bite firmly for another 1-2 hrs. You may have to do this several times. It is not unusual for a small amount of oozing to occur for 24 hrs. During this period it not unusual to have an odd taste associated with such.

After the blood clot forms, it is important to protect it, especially for the next 24 hrs. Limit yourself to calm activities for the first 24 hrs. This keeps your blood pressure lower, reduces bleeding, and helps the healing process.

After tooth extraction, you may feel some discomfort and have some swelling. You can use an ice bag (alternating 10 minutes on, 10 minutes off) to keep swelling to a minimum. Swelling should start to go down after 48 hrs. If pain medication is needed a non-aspirin based option such as Tylenol is a better choice. If you know you are especially prone to dental pain or sensitivity you should consult the dentist before the procedure in the event mild prescription based painkillers are needed.

Drink lots of fluid and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin to eat normally the next day or as soon as it is comfortable and tooth and gum sensitivity has diminished.

Gently rinse your mouth with salt water three times a day beginning the day after the extraction. This will help with pain relief as well as help keep the area clean. Also rinse gently after meals. This helps keep food out of the extraction site.

