

# Instructions For Patients Having Tooth Extraction

If you are planning or have scheduled to have tooth extraction these simple instructions will help make the process easier, reduce anxiety and discomfort and prepare you for when the tooth extraction is to take place.

- Limit food intake day of scheduled tooth extraction procedure. You may have a light breakfast (such as toast and coffee) but nothing heavy as to avoid stomach upset.
- Properly brush and floss teeth prior to your appointment.
- Refrain from taking aspirin based products for 24hrs before extraction. During the procedure some bleeding will occur and clotting is important to insure the healing process goes smoothly. Aspirin based products can interfere with this process.



- If you are taking ANY blood thinners it is **CRITICAL** that you let the dentist know this before the procedure is to take place so that proper preparation and consultation can take place.
- It is important to have your prescriptions if any filled as soon as possible. This will help insure that there is as little discomfort as possible. If you have any questions about prescriptions, please call Chamberland Dentistry, P. C., and we will be happy to help.
- Wear comfortable clothes to your appointment. Do not wear contact lenses, excessive jewelry, or high heel shoes. Anything that can cause distraction can lead to unnecessary

anxiety. After extraction balance may also be an issue. This is why it is important that flat shoes are worn to limit risk.

- Do not use alcoholic beverages or other medications along with the medications we have prescribed for you. Alcohol can have adverse effects when mixed with medications leading to unintended issues or added anxiety.
- We understand issues do sometimes arise that lead to your dental appointment needing to be re-scheduled. As a courtesy and to avoid additional charges, please give 48 hours notice if you need to change your appointment date or time.
- Please do not hesitate to call if you have any questions or concerns. Chamberland Dentistry, P. C., is always happy to help and wants to insure all your questions and concerns are properly addressed.
- Have a responsible adult bring you and take you home from your dental appointment and stay with you that day. This will help insure your safety. If someone is not available to take you to and from your appointment we suggest using a cab or other ride sharing service such as [Uber](#) or [Lyft \(the pink mustache\)](#).
- Remember to stock your pantry with soft, nutritious foods. Avoid foods that are hot or spicy. Hard foods and spicy foods can cause irritation and possible pain during the phase shortly after a tooth extraction procedure.
- Remember some of the medications you take could cause nausea.
- Make sure to have an ice pack available to help with any after procedure swelling or discomfort. In lieu of an ice pack a bag of frozen corn, peas, vegetables or fruit is a good alternative.