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## Instructions Following Tooth Extraction

Tooth extraction is a minor surgical procedure. Therefore, it is natural that temporary changes will occur in the mouth afterward. You will most likely be functioning normally in just a few days. In the meantime, you should follow these simple instructions to promote healing, prevent complications, and make yourself more comfortable.

### Bleeding

A gauze pack has been placed in the extraction site to limit the bleeding and confine the blood while clotting takes place. Leave the pack in place for 10 to 45 minutes. If you still have some bleeding or oozing after the pack is removed follow this procedure:

- Fold up a piece of gauze, dampen the pad and place it on the extraction site
- Apply moderate pressure by biting firmly on the pad for about 10 minutes. If the pad becomes soaked, replace it with a clean one as necessary
- If bleeding persists, apply pressure firmly to the area with a damp tea bag moistened with warm tap water

It is normal that a small amount of blood will leak from the extraction site until a clot has formed. However, if heavy bleeding continues, call our office immediately. Remember that a lot of saliva and a little blood can look like a lot of bleeding.

### Blood Clots

After an extraction, a blood clot forms in the socket; this is an important part of the healing process. You should therefore avoid activities that might disturb the clotting.

- Do not smoke during the healing period
- Do not rinse your mouth vigorously or drink through a straw during the first 24 hours
- Limit strenuous activity for 24 hours
- Sutures may have been placed; usually these will dissolve after about a week
- Do not play with or pick at the sutures, as they are placed to protect the socket

## **Swelling and Pain**

You may have some discomfort and notice some swelling. You can help reduce this by applying a cold compress or an ice pack to the face. If you have prolonged or severe pain or swelling, call our office at 416-961-2273.

## **Medication**

If you have been given a prescription of medication for pain and infection control, please use it only as directed. If the medication does not seem to work for you, do not increase the dosage. Call the office and speak with one of our registered nurses.

## **Diet**

Drink lots of fluids (non-alcoholic). Take your vitamins and eat soft nutritious food. For the first few days, try to chew on the opposite side.

## **Rinsing**

The day after the extraction, gently start rinsing your mouth with warm salt water rinses (half a teaspoon in a warm glass of water). Rinsing after meals is especially important to keep food out of the extraction site. Avoid using a mouthwash during this healing period.

## **Oral Hygiene**

It is important to brush and floss your teeth. However, avoid cleaning the teeth right next to the extraction site. The tongue should also be brushed as this will help eliminate bad breath and the unpleasant taste that is common after the extraction.

Please call our office at 416-961-2273 if you have any questions. We care about you and want you to be as comfortable as possible!