

Post Extraction Instructions

Bite on the gauze pack for two (2) hours, and then remove. If site is still bleeding, replace with a new gauze pack for an additional two (2) hours. You can expect to have pink saliva for the next few days, this is normal. If you have dark red blood clots and you are constantly spitting large amounts, call our office to inform us.

Do not smoke for the next 48 hours, it slows healing and is a risk factor for dry socket.

Do not drink any alcohol for 48 hours; it dissolves the blood clot that has formed at the surgical site and delays healing.

Do not drink anything with carbonation (Pepsi, Coke, 7Up, etc.) for 48 hours as this may dislodge the blood clot.

Do not create any kind of suction in your mouth.

You may have swelling tonight. If so, place an ice pack on the area for 15 minutes; then remove for 5 minutes. Repeat this for the next 2-3 hours. If you have swelling the next day, use a warm pack on the area as needed.

Continue to brush your teeth and keep your mouth clean as to prevent infection at the site.

Do not skip any meals. If you don't feel like eating, drink a protein or breakfast drink (i.e. Carnation Instant Breakfast, etc.)

If you have an upper tooth extracted, there is a paper thin layer of bone between the socket and your sinuses which can easily be broken. Thus, do not do anything which increases the pressure in your sinuses or mouth (blowing up balloons, holding sneezes, forcefully blowing your nose, etc.) for the next two weeks.

You may rinse with warm salt water after the first 24 hours. Take some into your mouth and hold in the area of the extraction until cool and then spit. Repeat 7-8 times per day. Continue for one week as this will aid in the healing process.

If you have a surgical pack in place, do not do anything to dislodge it. If you are wearing a "flipper", keep it in place for the next 48 hours.

If you have a prescription for pain, you should fill it immediately and take one within one hour of leaving the office. Do not operate machinery, drive or do anything that requires your attention while under its influence.