

CARE FOLLOWING EXTRACTIONS

Proper care of the mouth following dental extractions can reduce complications and speed the healing of the surgical area.

1. Protection of the blood clot

Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady firm pressure for 30-45 minutes or until bleeding has stopped, changing gauze when necessary. If bleeding continues bite gently on a tea bag which has been moistened and wrapped in a piece of gauze.

2. Rinsing

Do not use a straw or smoke. Do not rinse or use a mouthwash for at least 24 hours. After 24 hours you may start to rinse with warm salt water (1/2 tsp. of table salt in 8 oz. of warm water). Doing so every 1-2 hour is recommended. (The use of commercial mouthwash during the healing period is not encouraged.)

3. Discomfort

Following dental extraction it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.

4. Tooth brushing

Don't brush extraction area for 24 hours. The toothbrush may be carefully used in other areas of the mouth not involved by the surgical procedures. A clean mouth heals faster.

5. Eating

Adequate food and fluid intake following surgery and/or general extractions is most important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids. Applesauce, yogurt, cottage cheese, smoothies (without straw), and other soft foods are acceptable.

6. Things to Avoid

Excessive activity, picking at the surgical area, drinking through a straw, smoking, and consuming alcoholic beverages should be avoided until healing is well established.

7. Sutures

Be sure to make an appointment to have stitches removed if they were given.

8. Swelling control

If needed, gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only, but is not necessary during sleeping hours.

9. Allergic reactions

If you experience general reactions such as a rash or itching, call the dentist immediately.

10. Do not hesitate to call if any questions arise! (708-383-9099)