



Instructions for Patients After a Tooth Extraction.

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It is important for a blood clot to form to stop bleeding and begin the healing process. This is why we ask you to bite on a gauze pad for 30 to 45 minutes after an extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times. After the blood clot forms, it's important to protect it for 24 hours. **To protect the blood clot it's important to follow these guidelines:**



NO SMOKING



NO STRAWS!



No Rinsing



No Brushing Next to extraction site



No Spitting

These activities could dislodge the clot and slow down healing. If the clot is dislodged, it can cause a painful condition called dry socket.

General Recommendations for Day of Extraction:

- Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduces bleeding, and helps the healing process.
- Use an ice bag for the first 24 hours to control swelling (20 minutes on, 20 minutes off).
- Take pain medication on a full stomach to avoid nausea and if antibiotics are prescribed, take them for the indicated length of time even if pain and signs of infection are gone.
- Avoid hot and spicy foods. Don't use alcoholic beverages. Eat only soft, nutritious foods on the day of the extraction. Drink lots of fluids.

General Recommendations After the First 24 Hours

- Gently rinse your mouth with warm salt water three times a day and after meals to keep food out of the extraction site (teaspoon of salt in a cup of warm water).
- Brush your teeth and floss to speed healing and keep mouth and breath fresh.

Call our office 215-698-2710 during normal hours or your local emergency room after hours in case of severe bleeding, pain, continued swelling or a reaction to medications.