



### Your procedure today.

- You had one or more teeth extracted today. First the area was anesthetized, then the tooth was removed. Sutures (also called stitches) may have been placed. With rest, good diet, and attention to a few details, you'll heal quickly from your tooth extraction.

### Here's what to expect.

- Expect your mouth and gums to be sore for a couple days. The extraction site may bleed slightly for a few hours. Because blood mixes with saliva, you may appear to be bleeding heavily. This is usually not cause for alarm.

### Here's how to make your recovery comfortable.

- Use caution about biting your lips or tongue while they are numb.
- Avoid exercise or lifting activity for 3 days after your extraction.
- During the 12 hour period after your extraction, you can minimize pain and swelling by applying a cold-pack. Change to a warm-pack for relief beginning 3 days after surgery.
- Good nutrition will help you heal. Do not skip meals. Eat a soft diet and avoid hard foods like chips, rice and or cold cereals. Begin eating firmer foods 3 days after your surgery.
- Starting the day after surgery, clean your extraction site with a warm salt-water rinse. Make the rinse by placing a dash of salt in a glass of warm water. Rinse after eating and before bed. You may stop rinsing after 3 days.
- Brush and floss your teeth as close to the extraction site, as comfort allows.
- Do not drink from a straw or spit. Both of these activities may cause bleeding.
- Do not smoke for 3 days.
- Sutures (also known as "stitches") may have been used during your surgery. If so, they will dissolve naturally in 3-7 days.

### How to manage bleeding.

- Keep a gauze pack directly on the extraction site and bite down firmly for 30 minutes.
- After 30 minutes, remove the gauze pack and look in your mouth to check for continued bleeding.
- If your extraction site continues to bleed, place a new gauze pack and bite down for another 30 minutes.
- Stop replacing gauze packs when you notice your saliva is tinged pink. That means the area has begun to heal.
- Excess saliva in your mouth delays healing. Swallow normally to prevent saliva from collecting in your mouth.



## ■ Complications: Dry Socket

- A dry socket occurs when a blood clot fails to form at the extraction site. Symptoms include increasing discomfort days after surgery that cannot be controlled with pain medication alone. Dry socket pain may radiate to your temples and chin. The condition can be avoided by following the home-care instructions in this healing guide. A dry socket needs prompt treatment.

### How to manage pain:

- Most extraction pain can be very effectively managed with ibuprofen (e.g. Advil). Take two 200 mg. tablets when you first feel your anesthetic wearing off. Then take 2 tables every 4 hours as needed for comfort.
- You may receive a prescription analgesic. Follow the directions on the bottle. Do not take both ibuprofen and the prescribed analgesic.

### Here's when to give us a call.

- Call if you experience swelling or pain that cannot be controlled with medication.
  - Call if you experience symptoms of a dry socket.
  - Call whenever you have questions or concerns.
  - Office telephone: 612.827.7400
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