

Dental Extraction

AFTERCARE

- After your extraction, bite down firmly on the gauze pad provided to help control bleeding. Change the gauze every 30-45 minutes until the bleeding slows down (usually within 1-2 hours).
- Some swelling is normal after an extraction. Apply an ice pack to the outside of your cheek near the extraction site for 20 minutes on, 20 minutes off, for the first 24 hours to minimize swelling. After 24 hours, switch to warm compresses if you feel any discomfort.
- You may experience some discomfort after the anesthesia wears off. Take over-the-counter pain relievers as directed, or take any prescribed pain medications as instructed.
- Avoid strenuous physical activity for the first 24-48 hours after the extraction. Resting will help promote healing. Keep your head elevated (even while sleeping) to reduce swelling.
- Do not suck on straws, spit, or rinse your mouth vigorously for the first 24 hours. These actions can dislodge the blood clot that forms in the socket, leading to a painful condition known as "dry socket."
- Stick to soft foods like yogurt, soup, mashed potatoes, and smoothies for the first few days. Avoid hot, spicy, or acidic foods that can irritate the extraction site. Avoid chewing on the side of the extraction for at least 24 hours.
- Continue brushing and flossing, but avoid brushing directly on the extraction site for the first few days. Gently brush your teeth, being careful not to disturb the area. After 24 hours, rinse your mouth gently with warm salt water (1/2 teaspoon salt in 8 oz of water) 2-3 times a day to promote healing and reduce swelling.
- Avoid smoking and drinking alcohol for at least 72 hours after the extraction. Smoking can increase the risk of infection and delay healing.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE. A FOLLOW UP APPOINTMENT MAY BE SCHEDULED TO CHECK THE HEALING PROCESS AND OR TO REMOVE SUTURES.