

## **Instructions After Tooth Extraction**

The mouth has a very good blood supply and following tooth extraction, it is common to notice blood in your saliva. Do not be alarmed! It is because of this good blood supply that the mouth heals very quickly.

1. Bite on sterile gauze for 45 minutes. Replace with new gauze and bite firmly for another 30 minutes. If bleeding has stopped, remove gauze. If bleeding continues, bite on a moist tea bag for 30 minutes.
2. Do not rinse, spit, drink through a straw or smoke for 24 hours. Anything that creates suction in your mouth can dislodge the newly formed blood clot. This can result in a dry socket. Eat soft foods and drink cool liquids.
3. Holding an ice pack on the outside of the face for 10 minutes on and 10 minutes off for the next few hours will help to reduce swelling. Vaseline may be used on the lips to prevent cracking.
4. Starting 24 hours after surgery, rinse gently with a mixture of 1 teaspoon of salt in an 8 ounce glass of warm water. Do this 4 times a day until your mouth has healed.
5. If non-dissolving stitches were placed, they will be removed in our office two weeks after surgery.
6. If pain medication has been prescribed, take the first dose before the numbing medicine wears off. If you were given an antibiotic, take it as prescribed.
7. Any prolonged bleeding, severe pain or feeling of not fully recovering from sedation should be reported to our office immediately. If it is inconvenient for you to return to our office, please seek assistance in your hospital's emergency room.