

Patient Instructions: After Single Tooth Extraction

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the procedure. If the bleeding or oozing persists, place another gauze pad and bite firmly for an additional 30 minutes. You may have to repeat this process several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it is critical to the healing process. Do not rinse vigorously, avoid using straws, avoid smoking or vaping, and avoid consuming alcohol for 24 hours. These activities will dislodge or dissolve the blood clot and delay the healing process. Limit vigorous exercise initially as this will increase blood pressure and may cause bleeding from the extraction site.

Swelling

Swelling is a normal occurrence after surgery. It will typically maximize in 48-72 hours, post-op. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice intermittently, as much as possible, for the first 24 hours. The ice should be applied for 20 minutes and removed for 20 minutes. Be careful not to nap with the ice left in place.

Pain

After the tooth is extracted, you will likely feel some discomfort. If you were recommended to alternate Tylenol (1000mg, 2 tabs) and Ibuprofen (600mg) every 4 hours and can tolerate it, start the Tylenol immediately. Continue with this 4-hour regimen as needed. If this regimen is not working, switch the Tylenol to the narcotic, if prescribed (Percocet or Vicodin). Alternate the Ibuprofen and the narcotic every 4 hours.

Do not take any of the above medication if you are allergic to them, or have been instructed by your doctor not to take it.

DO NOT TAKE OR ALTERNATE NARCOTICS AND TYLENOL (NARCOTICS HAVE TYLENOL IN THEM). DO NOT DRIVE OR OPERATE MACHINERY IF YOU ARE TAKING PRESCRIPTION NARCOTIC PAIN MEDICATION.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent or manage infection. Discontinue antibiotic use in the event of a rash or any other unfavorable reactions that you experience and call our office for further instructions. It is important to discern side-effects versus true allergies. If an antibiotic was prescribed and you are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle

Steroids

If prescribed steroids for the control of swelling, take it as directed

Diet

Drink additional fluids and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable, but please avoid nuts, chips, seeds and popcorn for 2 weeks.

It is important to resume your normal dental routine of brushing and flossing 24 to 48 following your procedure. This will speed the healing and help keep your mouth clean.

After several days you may resume your normal daily activities. If you have heavy bleeding, severe pain, continued swelling after the initial 2-3-day period, or a reaction to any of the prescribed medications, call our office immediately for additional instructions.

If a temperature greater than 101° persists, notify our office.

If donated bone was added to your socket:

DO NOT rinse vigorously. Roll your head from side to side to rinse your mouth after brushing. Aggressive rinsing will disrupt sutures and the bone graft material. Normal tooth brushing is ok. Avoid brushing directly over the surgical site. Do not chew over the grafted area for 4 months.

DO NOT SMOKE!