

NORTHWEST DENTAL CENTRE

INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

BLEEDING:

A gauze pad has been placed on the extraction site to control bleeding. Pressure should be applied for one hour until bleeding stops. If you experience prolonged bleeding, place a moist black tea bag on the extraction site and apply pressure. If excessive bleeding persists, call our office. **DO NOT** drink carbonated beverages, suck through a straw, smoke, spit, or physically exert yourself. These activities will prolong bleeding.

SWELLING:

You may notice some swelling and/or bruising following an extraction. This is to be expected. Apply an ice bag to the side of the face where the extraction was performed. Leave the ice bag on for 10 minutes, and then off for 10 minutes. Keep repeating the cycle for the first day after your appointment. This will minimize your discomfort.

RINSING:

DO NOT rinse your mouth today. Tomorrow, rinse very gently with a warm salt-water solution. You may do this every few hours and after each meal. After 2 days you can rinse and swish very vigorously.

FOOD:

During the first two days, a diet of soft foods and liquids is recommended (example: eggs, soups, cereal, and protein shakes without a straw). Try to chew food away from the extraction site.

ORAL HYGIENE:

DO NOT break your regular routine of brushing and flossing- the cleaner you keep the area around the extraction site, the quicker it will heal. However, since the extraction site may be tender, be gentle in that area. **DO NOT** rinse and swish vigorously for at least 48 hours. your mouth today, Tomorrow, rinse with a warm salt-water solution

MEDICATION:

Over-the-counter medication such as extra-strength Ibuprofen or extra-strength Acetaminophen should relieve your discomfort. However, the dentist may prescribe some stronger pain killers and/or antibiotics.

If you have any questions or concerns, experience any unusual symptoms like uncontrollable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933.
