

Carmel Mountain Dentistry
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INSTRUCTIONS FOLLOWING EXTRACTIONS

A few days after the extraction of a tooth, the wound usually heals to the point where you can function normally. In the meantime, you should follow a few simple rules to help promote healing, prevent complications, and make yourself more comfortable.

Bleeding - Your dentist will place a gauze pack on the extraction site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 30 to 45 minutes after you leave the office. Do not chew on this pack. If bleeding or oozing continues after the pack is removed, follow this procedure:

- Fold a piece of clean gauze into a pad thick enough to bite on and place it directly on the extraction site.
- Apply moderate pressure by closing the teeth firmly over this pad. Maintain this pressure for about 30 minutes. Repeat if necessary.
- Do not suck on the extraction site. (Remember that a lot of saliva and a little blood may look like a lot of bleeding.) You may spit saliva once in a while.
- If heavy bleeding continues, call our office.

Blood Clotting - After an extraction, a blood clot forms in the tooth socket. This clot is part of the normal healing process. It is important to avoid activities that might disturb the clot. Here's what you should do to protect it:

- Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. These activities create suction in the mouth which could dislodge the clot and delay healing.
- Do not clean the teeth next to the healing tooth socket for the rest of the day. You should, however, brush and floss the rest of your teeth.
- Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the blood clot to form.

Swelling - An ice bag should be applied to the face directly over the site of the wound for the first 24 hours, at 15 minute intervals.

Diet - Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. For about 2 days, try to chew food on the side opposite to the extraction site.

Rinsing - The day after the extraction, gently rinse your mouth with warm salt water (1/2 tsp. of salt in one glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site, but remember not to rinse your mouth vigorously. You can start to brush your teeth as usual.

Medications – Some discomfort is normal after surgery. If antibiotics are prescribed, take them until they are all gone. If pain medications are prescribed, take them as directed. Contact the office if the pain is not relieved or if you have any adverse reactions.