



## Care of the Mouth After an Extraction

# POST OP INSTRUCTIONS

Immediately following a tooth extraction keep pressure on gauze until the bleeding stops; approx. 30-45 minutes. Repeat if necessary. If heavy bleeding continues call your dentist.

Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. These activities will disturb the blood clot.

After a tooth is extracted you may experience some swelling and discomfort.

To reduce swelling, place ice packs on the side of your face off and on for 24-48 hours.

Drink plenty of fluids and maintain as normal a diet as possible; that may be limited to soft foods for the first few days.

Avoid alcoholic beverages and hot liquids.

Brush and floss as normal, being careful around the extraction site.

On the following day, gently rinse your mouth with a warm salt-water solution.  $\frac{1}{2}$  tsp salt in 6oz of warm water.

Depending on your situation, medication(s) may be prescribed to help control infection and discomfort.

If you have prolonged or severe swelling, bleeding, discomfort or fever; call your dentist.

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