

## After Care for Tooth Extraction

Continue biting on the gauze for 30-60 minutes. Replace the gauze every 15 minutes. A blood clot will form and will need to remain undisturbed. It is normal for the area to change in color and consistency after a couple of days.

### **DO NOT:**

- Spit
- Rinse
- Suck (using a straw)
- Smoke, vape, or use tobacco products
- Drink carbonated drinks
- Consume alcohol

**Bleeding:** Some bleeding is normal for the first 12-24 hours. If you have excessive bleeding, bite down or apply firm pressure with 1-2 folded gauze pads or a damp tea bag for 30-60 minutes while keeping your head elevated. Call the office if the bleeding does not subside.

**Discomfort/pain relief:** Over-the-counter pain medication may be taken as directed on the bottle to relieve discomfort. It is normal to have slight tenderness while chewing or opening wide.

**Prescriptions:** Take all prescriptions as directed by your doctor or dentist. If your dentist has prescribed medicine to control pain and swelling, or to prevent infection, use it only as directed. If the pain medication prescribed does not seem to work for you, do not take more pills or take them more often than directed.

**Swelling:** A cold compress may be placed on the face near the area where the tooth was pulled for 10-minutes at a time for the first day.

**Stitches:** If stitches were placed, they will dissolve on their own.

**Diet:** After the extraction, drink lots of liquids and eat soft health foods. Avoid hot liquids alcoholic beverages, and spicy foods. Begin eating solid foods the next day or as soon as you can chew easily.

**Oral Hygiene:** After the first day, brush and floss gently and rinse gently with water. Do not spit. Moisturize lips frequently if lips become cracked and dry.

In the event of any unusual disturbances, excessive bleeding, or extreme pain, call the office, or visit your nearest emergency room or urgent care clinic.