

RANE'S EXCLUSIVELY YOURS DENTAL

A Dental Boutique Just For You!

All Phases Of Dentistry On Site

609-275-1777

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Post op homecare for tooth extraction

ANESTHETICS

The length of time you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb, you will need to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

BLEEDING

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

Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site. Apply moderate pressure by closing the teeth firmly over the pad. Maintain this pressure for about 30 minutes. If the pad becomes soaked, replace it with a clean one as necessary.

Do not suck on the extraction site.

A slight amount of blood may leak at the extraction site until a clot forms. However, if heavy bleeding continues, call your dentist. (Remember, though, that a lot of saliva and a little blood can look like a lot of bleeding)

THE BLOOD CLOT

After an extraction, a blood clot forms in the tooth socket. This clot is an important part of the normal healing process. You should therefore avoid activities that might disturb the clot. Here's how to protect it:

Do not smoke, or 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.

Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the blood clot to form. Get plenty of rest.

If you have sutures, your dentist will instruct you when to return to have them removed.

Your dentist may prescribe medication to control pain and prevent infection. Use it only as directed. If the medication prescribed does not seem to work for you, do not increase the dosage. If you have prolonged or severe pain, swelling, bleeding, or fever, call your dentist immediately.

SWELLING AND PAIN

After a tooth is removed, you may have some discomfort and notice some swelling. You can help reduce swelling and pain by applying cold compresses to the face. An ice bag or cold, moist cloth can be used periodically. Ice should be only used for 6 - 8 hours. Apply heat afterwards if needed. Be sure to follow your doctor's instructions.

DIET

After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. For about two days, try to chew food on the side opposite the extraction site. If you are troubled by nausea and vomiting call your dentist for advice.

RINSING

The day after the extraction, gently rinse your mouth with warm salt water (half teaspoon of salt in an 8 oz. glass of warm water). Rinsing after meals is important to keep food particles away from the extraction site. Do not rinse vigorously!