

## **After Care Instructions for Extractions**

1. Before the anesthesia starts to wear off take any pain medication that the dentist may have instructed to do so.
2. If the dentist prescribed any medications it is important to take them accordingly. If you have any questions about them. Please call our office.
3. You will experience the most pain/swelling (if any) on the 2<sup>nd</sup> or 3<sup>rd</sup> day, please plan any activities accordingly.
4. As the anesthesia starts to wear off you may experience “rebound bleeding” simply apply gentle pressure by biting down on the gauze that was provided for about 10-20 minutes. If the bleeding persists repeat biting down on fresh gauze until the bleeding stops. If bleeding is not stopping (e.g. blood is filling your mouth) call our office ASAP or go to your nearest emergency/hospital.
5. If you are a smoker, it is important to discontinue the use for 2-5 days.
6. Do not spit or drink from a straw until the wound has completely healed.
7. Avoid spicy and hard foods; eat only soft foods for the rest of the day.
8. Do not brush your teeth for the remainder of the day. Continue gentle brushing/ flossing/ rinsing routine the following day.
9. No heavy lifting or physical activities. Rest for the day.
10. Sleep with your head slightly elevated for the night.
11. If swelling occurs, place an ice pack for 20 minutes on and 20 minutes off until the swelling minimizes.
12. Starting the next day, rinse your mouth with salt water 5-10 times a day, especially after eating. Do not spit the rinse out- let it drain out of your mouth over a sink. This process should be continued until the end of the week or up until your follow up visit.
13. You can then decide if you are okay to eat solid foods or hot beverages. If you feel as if you cannot, continue with the soft foods diet.
14. Please make sure you have a follow-up visit booked with your dentist. (Usually one week after extraction)
15. If any stitches were placed, they will resorb on their own within a week.
16. If you experience contact and abnormal pain/swelling or continued foul taste/smell please call our office for information or go to your nearest emergency/hospital.