## Post-Op Instructions for Tooth Extractions

**Bleeding:** Minor bleeding is to be expected. If bleeding persists, it is best controlled by gently biting on moistened sterile gauze provided for approximately 20 minutes.

**Swelling:** Swelling is normal after surgery. To reduce the amount of swelling, please apply the ice pack provided for 20 minutes on/20 minutes off for the first 24 hours after surgery. If swelling reoccurs after the 3rd day of surgery or does not start to subside after the 3rd day please contact us.

After 24 hours, a warm pack may be applied for 10-20 minutes at a time to help the healing process.

**Anesthetics:** Take care not to bite your tongue or inside cheek while numb. The anesthetic used may last the entire day.

**Oral hygiene:** Keep the mouth as clean as possible with normal brushing and flossing, avoiding the site of extraction the first couple of days. In addition, starting the day AFTER your extraction, you should rinse with salt water, by dissolving ½ teaspoon of salt in 8 oz. of water. It is important that you rinse after meals and before bed. Please remember to rinse gently, allowing the water to fall out of your mouth; no spitting.

**Nutrition:** A nutritious diet during your healing is vital. You may eat as soon as the numbness wears off, but do avoid eating on the side of the extraction. Avoid drinking with straws; it causes negative pressure in your mouth which can pull on the sutures. Also, avoid alcohol and carbonated soft drinks.

**Dry Socket:**  Symptoms of a dry socket is throbbing or radiating pain in the jaw. These symptoms can be managed with a medicated dressing, please contact our office if needed. To prevent a dry socket please avoid smoking, vigorous spitting, carbonated and alcoholic beverages during healing.

If you have any questions or detect any symptoms that you are unsure of, please contact us immediately. Chaska Dental Center: 952-448-4151