

# WINDERMERE DENTAL

## Instructions After an Extraction

A certain amount of bleeding, pain, and swelling is normal following an extraction. It is very normal to be sore for a few days after an extraction. The area may ooze for a little while, so remember that a small amount of blood and larger amount of saliva appears to be more blood than it really is. You may also have some limited range of motion with your jaw, but this will improve over the next few days.

### DO...

- Keep firm pressure on the gauze in your mouth for 30 minutes.
- Replace the gauze with clean gauze you have been provided every 30 minutes as needed. Moisten the gauze a bit to prevent it from sticking to the blood clot.
- Take any prescribed antibiotics as directed.
- Take any prescribed pain medication as directed.

### DO NOT...

- Smoke.
- Drink alcohol.
- Drink sodas or carbonated beverages.
- Use mouthwash like Scope or Listerine.
- Vigorously swish or spit.
- Suck through a straw.
- Eat anything with sharp edges which may get forced into the extractions site, like pretzels or chips.

### YOU MAY...

- Use ice to prevent excessive swelling or discomfort. Use the 15/15 rule—place the ice over the affected area for 15 minutes, then leave it off for 15 minutes. After 24 hours the ice will not have any additional benefit. Be sure not to place bare ice directly on your skin or gums.
- Bite on a wet tea bag tonight to aid with blood clotting.
- Gently brush around the area.
- Gently rinse with warm salt water beginning the day after the procedure.
- Eat whatever you feel comfortable eating. Softer foods like soup, scrambled eggs, mashed potatoes, and ice cream are often the easiest things to eat the first day.

Be sure to contact our office if you have any problems. After hours you may reach Dr. Edwards at

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Be sure to return to our office for any recommended follow-up visits and maintain your oral health with regular checkups.