

Post-Operative Instructions

We understand that having a tooth extracted can be very stressful, so we want to follow up with a few suggestions to help make your recovery more comfortable.

- For the next 48 hours, avoid intense rinsing, spitting, use of a straw, and smoking. This can dislodge the clot and expose the bone, possibly resulting in a dry socket, which can be extremely painful.
- It is OK, however, to gently rinse with warm salt water to soothe the area (1/2 teaspoon in 8 ounces of warm water).
- Eat soft foods for the next 24 hours, avoiding the extraction site.
- Limit yourself to calm activities for the next 24 hours. This keeps your blood pressure low and reduces bleeding and helps the healing process.
- You may experience some swelling, so an ice pack can be applied (20 minutes on 20 minutes off) to keep swelling to a minimum.
- Relieve bleeding by placing a rolled piece of gauze over the area and bite down. Repeat every 15-20 minutes until bleeding comes to a minimum.
- To control discomfort, take pain medication as directed. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them until they are finished, even if symptoms or signs of infection are gone.

You should be full recovered in a few days, but if you experience any abnormal pain or discomfort, please call the office (614) 882-5501.