

# Post Operative Home Care Instructions

## Extractions

After a tooth extraction, it is important to stop the bleeding and begin the healing process. This is why we ask you to bite, with gentle pressure, on the gauze pad on the extraction site for 45 minutes after your appointment.

If the bleeding continues, new gauze, slightly dampened with water, should be held in place for another 30 minutes. If this fails to stop the bleeding, a cool moistened teabag can be placed for another 30 minutes.

PLEASE refrain from smoking or drinking alcohol for 24 hours after your extraction. This is very important to promote healing.

Apply ice (or an unopened bag of frozen peas or frozen corn) for the first 24 hours (30 minutes on, then 30 minutes off) to help reduce any swelling and relieve discomfort.

Keep your head elevated when relaxing, to reduce the chance of swelling. Limit vigorous exercise for 24 hours.

Take care that you do not bite on the numb side of your lip or tongue. Do not attempt to eat until all numbness is gone.

After 24 hours begin rinsing with plain, room temperature water, after meals. You may resume normal brushing the next day, avoiding the extraction site.

Do not suck on a straw, and avoid hard, crunchy foods like nuts and chips for 72 hours.

If pain medication or antibiotics have been prescribed, take the medication according to directions.

Please call the office if you have any questions.

Carroll Johnston, DDS

