

Tooth Extraction Post-Op Instructions



Beautiful dentistry, comfortably done.®

FOLLOW THESE INSTRUCTIONS CAREFULLY TO ENSURE SUCCESSFUL HEALING

Bite firmly on the gauze to apply pressure and control bleeding. Change the gauze every 15 minutes as needed for the first hour, and discard of the used gauze. When the bleeding has slowed or stopped, you may remove the gauze.

What to expect now that the surgery is done:

- The area will be numb after treatment for approximately 2-12 hours, depending upon the type of anesthetics used. Take care not to accidentally bite your lip, tongue, or cheek while it is numb.
- It is normal for *minor* bleeding to persist for a few hours, or even for a few days. But if the bleeding increases or simply doesn't stop, call the office or come in for an evaluation.
- Some soreness, pain, and swelling are normal for a few days, but sometimes for up to a week or more. Standard over-the-counter pain medications (Motrin or Tylenol) are generally all that is required, although your doctor may prescribe you something stronger.
- In some cases, antibiotics (pills and/or mouthwash) may be prescribed as well.

How to care for your surgery site:

For the next 5 days, regard the area as a serious wound that must be cared for. Eat, drink, and brush your teeth gently to avoid irritating it as it heals. If after 3-5 days the area becomes intensely painful, the reason may be due to a "dry socket." A dry socket can happen when the underlying bone becomes exposed after healing has begun. A dry socket still heals normally, but it can be very painful. If you suspect a dry socket, call the office to schedule an evaluation.

To allow for quick healing and to avoid the risk of a dry-socket, follow these instructions for the next 5 days:

- NO smoking (use a nicotine patch if necessary).
- NO sucking/drinking through a straw.
- NO vigorous rinsing/swishing.
- NO alcoholic beverages or alcohol-containing mouthwash.

Avoid packing food into the surgery site. If you feel the need to rinse your mouth, do so gently with warm salt water (mix 1 tsp of salt in 1 cup of warm water).

If stitches were placed, avoid messing with them with your tongue. Resorbable stitches will dissolve in a week. If non-resorbable stitches were placed, you should have already received an appointment to remove them in 7-10 days.

If pain, swelling, or bleeding worsens at any time, contact us right away. During business hours, you may reach us at 404.589.7799. After business hours, you may reach Dr. Rodriguez at 404.324.3202 or Dr. McRee at 404.545.1862.