

## **What You Should Do Following Extractions and Other Oral Surgery Procedures:**

A certain amount of bleeding, pain, and swelling is normal.

-Reduce your activity as much as possible for several hours. Avoid eating, drinking, and unnecessary talking. Do not rinse mouth or brush teeth. These activities may hinder formation of a blood clot which is necessary for proper healing.

*Follow the simple instructions below to minimize complications and help ensure prompt recovery:*

### **To Control Bleeding:**

*-Immediately following procedure:* keep a steady pressure on the bleeding area by biting firmly on a gauze pad placed by the doctor. Pressure reduces bleeding and permits formation of blood clots in the tooth socket. Gently remove the compress and replace it with a fresh, folded gauze pad every half hour as needed.

*-After 24 hours:* some bleeding may persist. If necessary, resume use of sterile gauze pads. After bleeding has ceased, cautiously resume oral hygiene.

### **To Relieve Pain:**

*-Immediately following procedure:* Begin taking medication as directed by your doctor to minimize discomfort when the anesthesia wears off. Application of an ice bag can also help relieve discomfort.

*-After 24 hours:* Continue taking your medication if pain persists and use an ice bag if needed.

### **To Minimize Swelling:**

*-Immediately following procedure:* Apply an ice bag over the affected area. Apply for fifteen minutes on and fifteen minutes off to prevent the development of excessive swelling and discomfort. If an ice bag is unavailable, simply fill a plastic bag with crushed ice, tie end securely, and cover with a soft cloth to avoid skin irritation.

## **Family Dentistry Associates**

677 Commerce Street, Thornwood, NY 10594 (914) 741-1296  
1040 Hempstead Tpk, Suite 10, Franklin Square, NY 11010 (516) 565-6622  
Fax/Voicemail (866) 424-2201 [www.FamilyDentistryAssociates.net](http://www.FamilyDentistryAssociates.net)

*-After 24 hours:* It should not be necessary to continue with a cold pack after 24 hours. However, contact your doctor for instructions on continued care after swelling persists or if fever develops.

**Oral hygiene is important!**

Eight hours after bleeding has ceased, rinse mouth gently with a solution of ½ teaspoon of salt dissolved in lukewarm water. Repeat every two to three hours for several days. Rinsing is important because it removes food particles from the extraction site to prevent infection and promote healing. Brush tongue with a dry toothbrush to keep bacteria growth to a minimum.

Avoid brushing the extraction site!

**Maintain a Proper Diet:**

Eat soft, nutritious foods and drink plenty of liquids with meals and in between meals. Be careful not to disturb the blood clots at the extraction sites. Add solid foods back into your diet as soon as you are comfortable to chew.

**Post Operative Visit:**

It is often advisable to return for a postoperative visit to make certain healing is progressing satisfactorily. In the meantime, maintain a healthful diet, observe rules for proper oral hygiene, and visit your dentist for regular checkups.

**If you should have any excessive bleeding, pain, or difficulty in opening your mouth, call your doctor immediately for further instructions or additional treatment.**

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