

HOME CARE INSTRUCTIONS AFTER TOOTH EXTRACTION

IMMEDIATELY AFTER EXTRACTION:

- **CONTROLLING THE BLEEDING**—Bite softly and firmly on gauze provided to promote formation of blood clot—you may ooze for first 24 hours
 - Change folded gauze every 15 min as needed, placing the dental relief gel (provided) on extraction site or gauze between changes.
 - If bleeding persists at home:
 - Bite on gauze wrapped around a warm, wet tea (black tea best) bag for 60 minutes as needed.
 - Keep head elevated by extra pillows or sit in a lounge chair
 - You may not be biting hard enough, double gauze and bite firmly for 30 min at a time
- **PAIN CONTROL**—*Some minor pain and discomfort is normal after surgery*
 - We advise taking Ibuprofen 800mg & Tylenol 1000mg every 8 hours for best result, for the first 72 hours
 - If prescribed, take prescription pain control for *breakthrough pain only* (drop the Tylenol if you take a narcotic)
 - Antibiotics, if prescribed, should be taken until all gone
- **BRUISING/SWELLING**
 - You may experience slight bruising on gums/outer jaw, this will go away in a few days, peak swelling first 3 days
 - You can put ice on site for 20 min on/20 min off for the first 24-48 hours
 - Any swelling increasing after first 3 days, please contact us immediately.
 - If you are on blood thinners, this will increase your likelihood of bruising
 - Sleeping with head propped up will help reduce swelling as well
- **RINSING**
 - Do not rinse your mouth for the first 24 hours after extraction
 - Warm salt water “soak” and gently spitting on day 2 is best.
 - Day 3 & beyond ok with gentle swishing, especially after meals.
 - You can brush the rest of your teeth the day of, no spitting or rinsing; no power tooth brushes or water pics for a week.

FOR THE NEXT 24 HOURS

- **REST**
 - **NO SMOKING, VAPING OR ALCOHOL!**
 - NO exercise for 24 hour—Avoid **strenuous work/exercise** during the first 48 hours, and keep the mouth from excessive movement. Physical activity may increase bleeding.
- **DIET**
 - Drink a large volume of water first 48 hours.
 - Soft diets high in protein are encouraged
 - “Smoothies” (with a spoon) OR protein drinks that are higher in protein help healing (great to eat/drink with meds)

AND BEYOND

- Avoid smoking/vaping for 3-5 days
- If have extreme pain after day 3, may be experiencing a dry-socket, CALL or TEXT us immediately
- Resume normal diet

FEEL FREE TO CALL OR TEXT US AT ANY TIME

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