

Post-Op Instructions

Tooth Extractions

Important!

Do not spit, swish, rinse or sip with a straw, as these actions can remove the clot which is a critical part of the healing process, as your mouth needs a clot to prevent bleeding. Don't eat crunchy or hard foods or use toothpicks or dental floss in the area. Avoid using your waterpik and brush other areas carefully. If you are a smoker, you should avoid the use of tobacco, vaping or smoking weed for at least 3-4 days.

Bleeding:

After your procedure, you should continue the gauze compression for at least 30-60 minutes, or until the bleeding has subsided. You may wish to purchase additional gauze prior to the procedure as some bleeding may last longer than others depending on the type of extraction. Try to avoid strenuous activities, such as heavy lifting or exercising for a day or two.

Rinsing:

Do not rinse your mouth the first day. The following day, you can rinse your mouth with a glass of warm water and 1/4 teaspoon of salt or use an OTC rinse which doesn't contain alcohol. If we are concerned about mouth infections, we may provide you with a prescription wash. Follow the directions on the bottle carefully. You should rinse your mouth 3-4 times daily, especially after meals.

Swelling:

Following an extraction, swelling in the oral cavity and perhaps some skin bruising, is to be expected. You can apply a cold moist cloth or ice pack to the cheek which will help reduce swelling and pain. 15-20 minutes is recommended every few hours.

Medications:

You will experience some pain following an extraction. Depending on your personal treatment, we may prescribe pain relievers and/or antibiotics. We will provide any necessary prescription prior to your treatment, and we recommend you make these purchases before your extraction. In some cases, we will advise you to start antibiotics in advance, otherwise it will be necessary to overload additional antibiotics during the treatment.

Food:

Don't plan on eating steak or corn on the cobb right after your treatment. Eat light, soft foods such as ice cream, yogurt, mashed potatoes, warm soups, smoothies or protein drinks like Ensure. No hot or carbonated beverages. Don't chew on the extraction site for a week or two, or until comfortable.

Oral Hygiene:

Avoid brushing or flossing near the extraction site, until after your post-op appointment.

Don't hesitate to call us if you have any concerns about complications from your treatment.



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