



## What to Expect Following Your Tooth Extraction

### POST SURGICAL INSTRUCTIONS

#### Bleeding

After your extraction, a pressure pack will be placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on this area for 30-45 minutes and replace it with the extra material that we have provided to you if the bleeding continues. You may experience light bleeding for the next two days. Avoid any activity that could apply a suction action to the blood clot such as smoking or sucking through a straw. This may dislodge the clot and delay healing of the site.

#### Rinsing

Do not rinse your mouth today. Tomorrow you can rinse your mouth very gently with a glass of warm water that has been mixed with ½ teaspoon of salt. You can repeat this rinsing every 3-4 hours, especially after meals.

#### Swelling

Following an extraction, you may experience some swelling and some bruising of the interior and exterior tissue. A cold, moist cloth or an ice bag applied to your cheek will keep the swelling and bruising to a minimum. Place the ice bag on the affected area for about 15-20 minutes each hour for the next six hours. If you do not have an ice bag, a bag of frozen peas or diced carrots wrapped in a towel will work just as well.

#### Medications

You should use a non-aspirin pain medication such as Tylenol to relieve your discomfort. If this medication does not address your discomfort, please call our office. Any medications that may be prescribed on your behalf should be used according to directions.

Note: If an antibiotic has been prescribed for you and you are a user of oral contraceptives, the antibiotic may interfere with the efficacy of the contraceptive. You should use an additional means of contraceptive as advised by your physician.

#### Food

A light diet with plenty of fluids is recommended for the first day. Avoid beverages that are carbonated. Avoid hot beverages. Chewing should be done away from the extraction site.

## **Oral Hygiene**

Continue brushing and flossing as usual. Be very gentle near the extraction site. Rinse carefully.

## **Post Surgery Bone Chips**

During healing you may notice small bony fragments working their way through the gums. This is a normal process and you need not be alarmed if this occurs. We can easily remove fragments that are annoying or cause you discomfort.

## **Contact Us**

If you have any questions or concerns, please don't hesitate to call us at 206-923-3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.