

Tooth Extractions/Removal

Bite with light, steady pressure for 1 hour on the gauze placed in your mouth in the office. Mild bleeding after surgery is normal. If your bleeding continues for 3-4 hours, raise your head higher than your body and replace the gauze with a wet tea bag. Continue to apply pressure for 20 minutes. If the bleeding still does not stop, call our office at 972-231-2063.

- **DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc.).
- **DO NOT SMOKE FOR 12 HOURS:** Smoking will promote bleeding and interfere with healing.
- **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.
- **MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours only if prescribed.
- **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** follow directions as above.
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Tylenol etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call your dentist.
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.
- **DIET:** Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.

REPORT ANY UNUSUAL OCCURRENCES IMMEDIATELY! Call 972-231-2063

The space left by the tooth will feel a bit strange to you at first. Eventually, new bone and gum tissue will grow from the bottom up into the gap left by the missing tooth.