



advanced
DENTAL SPECIALISTS

Care of Your Mouth After Extractions

Bleeding: A gauze pad has been placed on the extraction site to control bleeding. Pressure should be applied for one-half hour. Repeat until bleeding stops. For proper healing it is important for a good blood clot to form. Avoid alcohol, tobacco, drinking through a straw, and physical exertion for the first 3 days.

Rinsing: Do not rinse your mouth today. Tomorrow, you may gently rinse your mouth every 3-4 hours after meals using one-quarter teaspoon of salt mixed in a glass of warm water. Continue rinses for several days.

Swelling: You may notice some swelling following an extraction. This is to be expected. Apply an ice bag to the side of the face thirty minutes on followed by 20 minutes off.

Pain: Take all pain-relieving medication as prescribed. If possible, begin before the anesthetic wears off.

Diet: Drink plenty of liquids to avoid dehydration. Eat soft, nutritious foods. Chew on the opposite side or away from the extraction sites.

Oral hygiene: It is important to continue to brush and floss thoroughly. Temporarily avoid the extraction sites.

Dry socket: A small percentage of extractions are followed by a clinical condition known as a “dry socket”. Symptoms begin two or three days following extraction and include loss of the blood clot, unpleasant taste, and moderate to severe pain. If you experience this, call our office for treatment.

Bony edges: Small sharp bone fragments may work up through the gums during healing (4-6 weeks). If they cause discomfort, call the office for an appointment for their simple removal.

Unusual symptoms: Call the office if you experience excessive bleeding, swelling, or high temperature. If this occurs after normal office hours a doctor will return your call.

Your Advanced Dental Specialists Team