



HOME CARE INSTRUCTIONS FOLLOWING A TOOTH EXTRACTION

1. If there has been gauze placed in your mouth where your tooth was extracted, remove the gauze 60 minutes after surgery, unless you are advised by the doctor to do otherwise. Mild oozing is to be expected following surgery and may continue for 24 hours.
2. DO NOT smoke, use straws, rinse your mouth or expectorate (spit) vigorously for at least 12 hours following surgery. These activities can dislodge the blood clot in your tooth socket and make you more prone to developing a dry socket.
3. If bleeding becomes uncontrolled, do not become alarmed. Replace gauze with fresh gauze that has been dipped in cold water. Fold it in half and roll it up (like you would a sleeping bag). Bite down firmly on the gauze for 60 minutes. Change gauze once it becomes saturated. Lie down with your head elevated. Call the office if you feel that the bleeding is not stopping or slowing down.
4. To help reduce the swelling and bruising, place a cold compress (ice bag) on your face for 20 minute intervals for the next 12-24 hours. Never leave the ice in one place for more than 20 minutes at a time.
5. Eat cool, smooth foods such as ice cream, pudding, yogurt or jello. Avoid hot or warm foods as you may burn yourself following local anesthesia. Advance your diet to more solid food in 24 hours such as soup, mashed potatoes and bread. Drink plenty of liquids following surgery. This will keep your body hydrated and help you heal faster.
6. If you are taking any medications as prescribed by a physician, continue to comply with your doctors' orders unless otherwise stated by your doctor or dentist. If you were prescribed pain medication or antibiotics by your dentist, make sure that you fill the prescription promptly and take it exactly as written on the bottle. If you have any questions regarding your prescription, call the office and we will be happy to answer your questions. If you believe you are having side effects from the medication(s) being taken, call our office immediately.
7. You should start to rinse your mouth out the day after surgery. To do so, use 8 oz. of warm water mixed with ½ tsp. of salt. Brush and floss your teeth best you can, being very careful around the extraction site(s). Cleanliness is a must for a rapid and uncomplicated recovery. Food that is left in your socket can set up a location of infection.

THANK-YOU FOR YOUR TRUST IN US. PLEASE CALL US WITH ANY QUESTIONS OR CONCERNS.

J. Paul Cavanaugh, D.D.S.