



## After Extraction Advice

### Do not disturb the area

For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.

### Bleeding

If the area begins to bleed, bite on a piece of wet tissue/cotton for 10 minutes and this will stop. Small amounts of blood in the saliva can make your saliva appear quite red. This is quite normal and may be noticed the rest of the day after the procedure.

### Smoking

Smoking should be avoided for 24 hours. Smokers are more at risk of developing dry socket, which is quite painful.

### Pain

Some discomfort is normal after surgery. If prescription pain medication is prescribed, take it as instructed on the label. Taking with food or milk will help reduce upset stomach.

### Swelling

Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

### Numbness

The local anesthetic will cause you to be numb for several hours after you leave the clinic. Be careful not to bite, chew, pinch or scratch the numb area.

Sometimes the extraction causes residual numbness or tingling for up to six weeks or in rare cases for longer.

### Brushing

Do not brush your teeth for the first 8 hours after surgery. After this you may brush your teeth gently, but avoid the area of surgery for 3 days.

### Rinsing

Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. Avoid commercial mouth rinses.

### Diet

Eat soft foods for the first two days.

### Activity

After leaving the clinic, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

### Please call your dentist if you have:

- Uncontrollable pain.
- Excessive or severe bleeding.
- Marked fever.
- Excessive warm swelling occurring a few days after the procedure.
- Reactions to medications, especially rash, itching or breathing problems.