Extraction of Tooth Post-Operative Care

A dental extraction is the removal of a tooth, or teeth, from the socket in the alveolar bone. Extractions are preformed for a wide variety of reasons but, most commonly to remove teeth which have become unrestorable through tooth decay, periodontal disease or dental trauma, especially when they are associated with a toothache.

Bleeding

It is normal for the saliva to be slightly streaked wit blood for roughly 1—2 days after an extraction. If active bleeding occurs, place a piece of moist gauze or a moist tea bag over the extraction site and bite down for 30 minutes. Avoid touching the extraction site with your fingers and your tongue.

Swelling

Puffiness and swelling may occur at times; this is normal and is not cause for alarm. Place an ice bag to your face for the first 8 hours following the extraction. Then continue to ice in 15 minute increments; 15 minutes on, then 15 minutes off.

Rinses

Do not rinse in the area of the extraction for two full days after your surgery. 48 hours after extraction, rinse gently with warm salt water (8oz. warm water + ½ tsp. salt) after eating and several times between meals. Rinsing keeps the area clean, helps prevent infection, and promotes healing.

Diet

A soft diet is advised for the next two days. Drink cold fluids, such as water and juice, and avoid hot liquids for 24 hours.

Sleeping

Keep your head elevated with pillows while sleeping on the night of your surgery.

Medication

Following dental surgery it is normal to experience some discomfort. If you have any pain, take two Tylenol, or Advil, every six hours. If medication has been prescribed, take as instructed.

Please note the following:
- o All medications may produce allergic reactions and/or side effects.
- o Narcotics may impede driving, using machinery and mental alertness.
- o Antibiotics may negate birth control medications. Use alternative methods.