

After Tooth Extraction

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. Bite on a gauze pad for 30-45 minutes immediately after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times to staunch the flow of blood. Most often when bone graft, membrane and suture are placed the bleeding stops before you leave and there is no need to bite down on gauze. The instructions will also be discussed at your appointment.

After the blood clot forms it is important to not disturb or dislodge the clot. Do not mess with the extraction site, rinse vigorously, spit, suck on straws, smoke, or drink alcohol for 72 hours. These activities may dislodge or dissolve the clot and hinder the healing process. Limit vigorous exercise for the next 24 hours, as this increases blood pressure and may cause more bleeding from the extraction site.

After the tooth is extracted you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. The swelling usually subsides after 48 hours but may take longer.

If you are able to take Ibuprofen it is recommended to take 600-800 mg of Ibuprofen (Advil or Motrin) every 6-8 hours with food and water for 3-4 days and then as needed for discomfort. Call our office if the medication doesn't seem to be working. If you are unable to take Ibuprofen (Advil or Motrin) a different medication will be discussed at your appointment.

If antibiotics are prescribed, continue to take them for the indicated length of time even if signs and symptoms of infection are gone. Drink lots of fluids and eat nutritious, soft food on the day of the extraction. You can eat normally as soon as you are comfortable.

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least twice a day. This will speed healing and help keep your mouth fresh and clean. Rinse gently with warm water and by leaning over the sink and just letting the water fall out of your mouth in order to keep the extraction site clean.

After a few days you should feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately at 440-526-2123

If there are sutures placed and the suture becomes a constant annoyance before your scheduled follow up appointment call our office, we will get you scheduled sooner if necessary to remove the suture.