



# **HOMETOWN**

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## **FAMILY DENTISTRY #**

Dr. Nicholas Ritzcovan

### **Extraction Post-Op Instructions**

Please follow these instructions carefully to ensure the successful healing of our tooth extraction.

When to call us:

- Heavy Bleeding.
- Pain or swelling that increases or continues beyond two or three days.
- A bad taste or odor in your mouth.
- A reaction to the medication that may have been prescribed to you.

#### **During the first 24 hours**

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Bite on a gauze pad firmly for 30-60 minutes. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal; however, after 1 hour, repeat with clean gauze pad if oozing is profuse. The site could ooze for as long as 24 hours.
- Don't spit, and don't suck on candies or through a straw.
- Don't rinse your mouth, and don't brush or floss next to the site.
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- Don't sneeze or cough, so have sinus or allergy medication on hand if necessary.
- Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- Don't drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.
- To control discomfort, take pain medication before the anesthetic has worn off or as recommended by Dr. Ritzcovan.
- To keep swelling to a minimum, use an ice bag over the area, 20 minutes on and 20 minutes off.
- When the numbness has worn off completely, drink lots of fluids and eat only soft nutritious foods, chewing only on the opposite side.

#### **After the first 24 hours**

- Begin to eat normally as soon as it's comfortable.
- Resume brushing and flossing, but clean gently around the site for about a week.

- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Reduce soreness or swelling by applying moist heat. Swelling usually starts to go down after 48 hours.
- Further reduce swelling by rinsing your mouth very gently with warm salt water. Use about a teaspoon of salt per glass of warm water. Rinse two to three times a day for the week following the extraction.