



## Post Operative Care

### Extractions

After a tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on gauze for 30-45 minutes after the treatment. You may have to do this several times until bleeding is stopped. If bleeding persists, biting on a moist tea bag wrapped in gauze may help control the oozing from the extraction site. Tea has an ingredient that promotes blood clotting.

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

Failure to comply with the above instructions will result in dislodgement of the clot and severe throbbing pain at the extraction site, since the bone is now exposed to the oral environment. After the tooth is extracted you may feel some pain or 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. Take pain medications as prescribed. The swelling usually subsides after 48 hours.

Use the pain medication as directed. Call the office if the medication doesn't seem to be working. 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 fluid and eat nutritious soft foods on the day of the extraction. You can eat normally as soon as you're comfortable.

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean. After a few days you will 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.

Thank you for allowing Alderwood Family Dental to care for your dental needs!