

THE CENTER FOR  
**Cosmetic & Restorative**  
DENTISTRY  
*It's your time to smile.*

## Care and Instructions for Tooth Extractions

Please follow these instructions to ensure your comfort.

After a 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 after the appointment. If the bleeding or oozing still persist, place another gauze pad bite firmly for another 30 minutes. You may have to do this several times.

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 retard the healing process. Limits vigorous exercise for the next 24 hours as will increase blood pressure and may cause more bleeding from the extraction site.

After the tooth is extracted you may feel some discomfort and experience some swelling.

- Apply an ice pack or an unopened bag of frozen peas to the area to keep swelling to a minimum. Take pain medications as prescribed. The swelling usually subsides after 48 hours.
- If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.
- After the first post-operative day, use warm salt-water rinse following meals for the first week to flush out particles of food and debris which may lodge in the surgical area. (½ teaspoon of salt in a glass of warm water.)
- Resume your normal dental routine after 24 hours.

We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a "dry-socket".

Please call our office if you have any questions.

**Dr. Tanya Brown**

**757-546-5262**

**[Info@TCCRD.com](mailto:Info@TCCRD.com)**