

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.

- Apply an ice pack to the area for 20 minutes ON and then 20 minutes OFF- alternate this for at least 4 hours following your appointment.
- Take any medications as prescribed.
- Bite on gauze 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. If bleeding persists after a few hours you can bite on moistened black tea bags. Black tea contains tannic acid, which aids in the formation of a blood clot.
- Drink a COLD DRINK (milkshake, juice, or smoothie) after your appointment and be careful when eating until the anesthetic has subsided.
- DO NOT rinse vigorously or suck on straws for 72 hours. This will dislodge or dissolve the clot and slow the healing process.
- DO NOT smoke or drink alcohol for 72 hours.
- Limit vigorous exercise for the next 24 hours as will increase blood pressure and may cause more bleeding from the extraction site.
- 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.)

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".

If you have any concerns you may call the office at 757-546-5262 or Dr. Brown's cell at 757-285-2833 or Dr. Lafferty's cell at 304-923-7701