

Post-op Instructions - Tooth Extraction

DO NOT DISTURB THE AREA: For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.

BLEEDING: When you leave the office, you might be biting on a gauze pad to control bleeding. Keep slight pressure on this gauze for at least 30 minutes. Don't change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 30 minutes you may remove it. You may bite on another gauze or a tea bag for another 30 minutes if you feel it is still bleeding. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

SMOKING: Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Also the suction created when inhaling cigarettes can dislodge the clot. Smokers are at greater risk of developing a painful Dry Socket.

SWELLING: Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

BRUSHING: Do not brush teeth for the first 8 hr after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Avoid commercial mouth rinses.

DIET: Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

Dr. Nawar Issac



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Cuidado de la Boca Despues de Extracciones

- 1:** Mantenga la gaza en el area de la extraccion por una hora.
- 2:** Aplique una bolsa o toalla con hielo en la mejilla donde se realizo la extraccion, lo antes posible. (lo pone por 10 minutos y lo quita por los siguientes 10 minutos)
- 3:** Si tiene sangrado anormal, doble una gaza, mojela y pongala sobre el area de la extraccion. Muerda en ella por 20 minutos. Si esto no detiene el sangrado trate morder en una bolsita de te' humeda por 30 minutos. Si el sangrado continua llame a la oficina.
- 4:** No se enjuague la boca hasta la manana siguiente. Enjuagarse podria desalojar el cuagulo de sangre que proteje al hueso e interrumpir el proceso normal de cicatrizacion.
- 5:** En la manana enjuague la boca cuidadosamente con agua tibia con sal (1/2 cucharadita de sal con 8 oz. de agua) repita este procedimiento 3 o 4 veces al dia.
- 6:** Para su bienestar, recomendamos comidas suaves por las primeras 24 horas. Tome suficiente agua, evite escupir y tomar bebidas con popote o sorbeto.
- 7:** No fumar, No tomar bebidas alcoholicas, o usar enjuagues de la boca con alcohol. (Scope, Cepacol, Listerine, etc.)
- 8:** Tenga el mismo cuidado de sus dientes, excepto en el area de la extraccion.
- 9:** Pequenos fragmentos de hueso como astillas podrian salir de la encia durante el periodo de cicatrizamiento, en caso de causar algun tipo de molestia; llame a la oficina para hacer una cita y removerlos.

Si algun sintoma anormal ocurre, llame a la oficina lo antes posible.

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