

## Post Operative Instructions for Dental Extractions

After an extraction, it's very important for a **blood clot** to form to stop the bleeding. That's why you need to bite on a *gauze pad for 30 to 45 minutes* to apply constant pressure. Change gauze pad as it is soaked. **A moistened tea bag** is an effective alternative. The tannic acid in tea helps **blood clots** to form.

- To protect the blood clot, especially the next *24/48 hours*. It's important to

NOT: SMOKE

SUCK THROUGH A STRAW

RINSE/ SWISH YOUR MOUTH VIGOROUSLY

BRUSH/FLOSS THE AREA

Limit yourself to calm activities to avoid dislodge the blood clot.

- \* Use an **ice bag** (*20 minutes on, 20 minutes off*) to keep the swelling to a minimum. Usually, it starts to go down after 48 hours.
- \* Take **pain medication** as recommended, but not on an empty stomach.
- \* If **antibiotics** are prescribed, continue to take them for the indicated length of time (usually 7 days), even if all symptoms and signs of infection are gone.

*Also:* LOTS OF FLUIDS

NO ALCOHOLIC BEVERAGES

NO SODA/CARBONATED DRINKS

NO HOT/SPICY FOODS

SOFT, NUTRITIOUS FOOD

- \* After 24 hours, r ésum é your normal dental routine:
  - brushing & flossing (be very careful, not on the extraction area);
  - Gently rinse with **warm salt water** after meals, and before/after bed time:  
Put a *teaspoon of salt in a cup of warm water*, then rinse, and spit.

- \* **Contact our office if there is:**
  - HEAVY BLEEDING
  - SEVERE PROLONGED PAIN
  - ABNORMAL SWELLING
  - HIGH FEVER
  - A REACTION TO THE MEDICINE



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