



EXTRACTIONS

Follow these recommendations to ensure successful healing of your tooth extraction site.

Before your appointment: Ask your dentist what he/she recommends you do in preparation for your extraction so you can plan in advance to schedule and/or modify your daily activities accordingly. Some extractions are easy and do not necessitate post extraction rest time and some extractions are more complicated and require a post extraction recuperation period.

If your dentist indicates the extraction might necessitate a recuperation period, then schedule some time off and plan on taking it easy for several days after the surgery. You may want to arrange to have someone drive you home.

If you are a woman taking birth control pills schedule your appointment during the last week of your cycle.

Depending on the situation we may recommend that you take an anti-inflammatory medication before your appointment.

First 24 hours after your appointment: During the first 24 hours after your appointment it is important for a blood clot to form in the extraction site to stop the excess bleeding, reduce pain, and speed healing. To help the clot form, bite on a gauze pad firmly for 45 to 60 minutes after the extraction.

If bleeding or oozing continues after you remove the gauze pad, place another gauze pad, and bite down for another 45 to 60 minutes.

To protect the clot and avoid the possibility of developing a “dry socket,” don’t do anything to dislodge or dissolve the clot for the first 24 hours. This means don’t spit and don’t suck on candies or through a straw.

Don’t rinse your mouth, and don’t brush or floss the teeth next to the extraction site. Don’t smoke or use tobacco for at least 24 hours. Avoid tobacco as much as possible for 72 hours or more because it slows healing and is the number one cause of “dry socket”.

Also limit yourself to calm activities for the first 24 hours. This protects the clot by keeping your blood pressure lower.

When the numbness from the anesthesia has worn off completely drink lots of fluids, eat only soft nutritional foods, chewing on the opposite side of your mouth. However, don’t drink hot or carbonated liquids, or eat hot or spicy foods, don’t use alcohol.

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