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POST OPERATIVE INSTRUCTIONS: TOOTH EXTRACTION

Bleeding: After an extraction, a gauze packet is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30-45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking, rinsing vigorously or sucking through a straw.

Rinsing: Do not rinse your mouth today. Tomorrow you can rinse gently with a glass of warm water mixed with a ½ tsp. of salt. You can do this every 3-4 hours a day especially after meals.

Swelling: Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next 6 hours.

Medications: If non-aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.

Food: A light diet with plenty of fluids is recommended the first day. Avoid alcoholic, carbonated, or hot beverages. Also avoid chips and spicy foods as it may affect the extraction site. Chewing should be done away from the extraction site.

Oral Hygiene: Continue brushing and flossing being extra gentle near the extraction site. During healing you may notice small bony fragments working their way through the gums. We can easily remove them if they are too annoying.

Remember, you have just had minor surgery. If any unusual symptoms occur, please don't hesitate to call our office.