



## Post Op Instructions: Home Care Following the Extraction (Removal) of a Tooth

- Hold the gauze in mouth firmly at the extraction for 45 minutes, swallow your spit and **DO NOT** rinse your mouth the day of the surgery. Do not drink liquids through a straw, and do not spit vigorously. This could dislodge the blood clot. Mild oozing of blood is normal after removal of the gauze.
- We will give you a supply of gauze sponges to place over the bleeding area. Change the pad as necessary; you can also bite gently but firmly on a moist tea bag for 20 minutes. Be sure to call our office if bleeding persists or increases
- After removing the gauze, it is advisable to have an ice cream or something icy cold to help form a blood clot
- Some discomfort after the extraction is normal. An over-the-counter pain reliever, such as ibuprofen or acetaminophen, is usually sufficient. Take the medications now if any was prescribed
- To avoid nausea, do not take pain pills on an empty stomach. To avoid swelling apply an ice pack- 20 minutes on, 20 minutes off- for the first six hours following the extraction.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery
- Before the procedure began, you were given an anesthetic to ensure your comfort. This anesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should avoid chewing for two hours following surgery or until the numbness has worn off.
- A blood clot will form at the extraction site, and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers
- Avoid Alcohol and Smoking for the first three days following a tooth extraction and allowing food particles to pack into the tooth's socket, should be avoided, as these all will significantly affect the healing process.
- The initial healing period usually takes one to two weeks, you may experience some swelling for the first 24 hours. In case of wisdom teeth extraction there could be limited mouth opening and difficulty in swallowing, this is normal for the first three days.
- 24 hours following the procedure, you can rinse gently with mouthwash or a warm salt-water solution (dissolve one teaspoon of salt with one cup of warm water); gently swish the solution around the affected area, and spit carefully. You should do this 2-3 times each day for the week following the extraction.
- Stitches (resorbable) Your dentist may have found it necessary to place sutures ("stitches") in the extraction site after removing the tooth. Resorbable stitches will dissolve away on their own.
- Be sure to brush and floss the other areas of your mouth as you would normally.
- The space left by the tooth will feel strange to you at first, but eventually new bone and gum tissue will grow into the gap left by the extraction.
- For any problems or questions please call the office or in case of after-hours emergency please text or contact Dr Ahmed on emergency line at 905-867-4878