

STEFANO

D E N T A L

**1617 W. Bogart Road, Suite 1
Sandusky, OH 44870
626-2205**

Aftercare Following Tooth Extraction

What to Expect

- 1) Following extraction, it is not uncommon for bleeding to occur. Upon leaving our office, you will have a gauze pad over the extraction site, which you need to bite firmly on for 30 minutes.
- 2) You may feel a depression or hole in the bone where the tooth was removed. This is to be expected and will fill in as the area heals.
- 3) Occasionally, swelling may occur depending on the difficulty of the extraction. This represents tissue irritation and trauma surrounding the tooth site. This should disappear within a few days.
- 4) Occasionally, small sharp bony fragments may work up through the gums during healing. These are not roots. If they become annoying or painful, return to our office for their simple removal.
- 5) If you had sutures (stitches) placed, you will need to return to our office to have them removed in one week.

What to Do

- 1) We recommend you take something for pain-relief within one hour of leaving our office, to get the medication into your blood system before the anesthesia we administered begins to subside. We recommend ibuprofen (Advil, Motrin, Nuprin) – 800 mg (four tablets). If you have a medical condition or gastrointestinal disorder, which precludes ibuprofen, acetaminophen (Tylenol, Excedrin) is a substitute, although does not contain anti-inflammatory properties. Aspirin and aspirin-containing products are NOT advisable, as they tend to increase bleeding from the area that was treated.
- 2) Do NOT rinse your mouth today. This may dislodge the blood clot that is forming and prevent proper healing. Tomorrow, brush your teeth and rinse your mouth gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days. Do NOT use mouthwash for a few days.
- 3) Do NOT drink through a straw for the next few days following your extraction. This could cause the bleeding to start again.
- 4) Do NOT smoke during the first 2-3 days following your extraction! This is crucial for proper healing and clotting to occur. Smoking too soon will interfere with your body's natural healing process and could lead to a dry socket, which will require you to return to our office for treatment.
- 5) If bleeding persists, place a fresh gauze pad (fold gauze in fourths) over the extraction site and bite firmly again for 30 minutes. Repeat, if necessary. If bleeding is excessive, place gauze or a moistened tea bag over the wound and bite firmly for 1 hour with CONSTANT PRESSURE.
- 6) If swelling does occur, place an ice pack to the affected area, 30 minutes on and 30

- minutes off for 4-5 hours. Keeping head elevated on two pillows will also help reduce
- 7) swelling.
 - 8) Whenever possible, try to chew on the opposite side from the tooth we have just extracted, until the area is healed.
 - 9) Please avoid hot, spicy, or crunchy foods. A light diet is recommended during the first 24 hours. Drink lots of liquids and eat soft foods.

Only If Bone Grafting Performed...

- 1) Rinse with Peridex twice daily for four weeks following surgery. The wound site may additionally be swabbed with a cotton-tipped applicator dipped in Peridex.
- 2) Refrain from brushing the treated area for two weeks following surgery. After this period, you may be instructed to gently brush the area with a soft toothbrush. Instructions will be dependent on an evaluation of wound healing.
- 3) Dental floss should not be used prior to four weeks following surgery.

Please Call Us If...

- 1) You are experiencing symptoms more intense or of longer duration than those described above.
- 2) You encounter significant post-operative swelling.
- 3) You have any questions at all.

Antibiotics have been shown to decrease the effectiveness of Oral Contraceptives. Women on birth control pills are advised to take additional appropriate precautions.