

Post Operative Care for Dental Extractions

After your tooth extraction, a blood clot needs to form to stop the bleeding and begin healing. To help with this, bite down on a gauze pad for 30-45 minutes after the procedure. If bleeding or oozing continues, place a fresh gauze pad or a tea bag and bite down firmly for another 30 minutes. Repeat as necessary.

Once a blood clot forms, avoid disturbing it as it is essential for healing. For the next 72 hours, refrain from rinsing your mouth vigorously, using straws, smoking, drinking alcohol, or brushing your teeth near the extraction site. These actions can dislodge or dissolve the clot, slowing the healing process, and reduce graft success if applicable. Also, avoid strenuous exercise for the next 24 hours, as increased blood pressure may lead to more bleeding and discomfort.

You may experience some pain and swelling after the extraction. Applying an ice pack or an unopened bag of frozen peas or corn to the affected area can help reduce swelling. Take pain medications as prescribed, and if the pain doesn't improve, contact the office. Swelling typically decreases within 48 hours. For moderate pain, take acetaminophen (Tylenol®), 2 tablets every 4 hours. Ibuprofen(Advil®, Motrin®) 2-3 tablets every 4 hours.

Follow the prescribed pain and antibiotic regimen, even if symptoms improve. Drink plenty of fluids and eat soft, nutritious foods on the day of your extraction. You can return to regular eating as soon as you feel comfortable. After 24 hours, resume your regular dental routine, including brushing and flossing at least once a day. This will support healing and help maintain cleanliness in your mouth.

IF you begin to experience any of the following please call our office (**302-477-1800**) or present to the nearest emergency room. Pain not controlled with above regimen, uncontrollable bleeding, fever, chills, nausea, vomiting, swelling of the neck, difficulty breathing, difficulty swallowing, change in voice or any other unexplained symptoms.

Multiple Extractions

- If you had multiple teeth extracted it is often necessary to remove, shape sharp bone to aid in post op healing. This can contribute to more post op discomfort, bleeding, and swelling. Pain, swelling and discomfort should improve after 2 days. Any sutures present will aid in healing and will dissolve in 5-10 days. If Narcotic pain medication is prescribed, please take it as instructed with care not to drive or operate machinery while on it.

- If an immediate denture was placed after extractions, do not remove it for 24-48 hours or until you see your dentist the following day for evaluation and adjustments.

- Aggressive hydration is encouraged to replace blood lost during the procedure. Apply ice to the area as much as tolerable for the first 48 hours to reduce swelling, after which you may switch to moist heat.

Bone Graft (Socket Graft)

- If you had bone graft placed at the time of extraction, you will have a small resorbable membrane with sutures over the graft in the surgical site. This bone takes 3-5 months to consolidate in order for an implant to be placed, however the gums should heal in about 14 days. It is normal to have a handful of graft granules to exude from the site as healing occurs. Take care not to disturb the site, though gentle hygiene is encouraged. If you have any questions or concerns do not hesitate to call the office.