

# Post Operative Instructions Tooth Extraction

## First 24 Hours

After tooth extraction, it is important that a blood clot forms on the extraction site. Following precautions are necessary to stop bleeding, protect the clot, speed healing, reduce pain and avoid dry socket.

- Bite on a gauze pad firmly for ten-twenty minutes. Clotting time is nine minutes. The blood clots prevents further bleeding. If the blood clot dislodges, some oozing will continue. Clean gauze pieces can be repeated if bleeding is profuse. The bleeding could ooze for as long as twenty-four hours.
- Low-grade pain and swelling are normal. Before the anesthetic medication wears off, it is essential to take antibiotics and pain medication as prescribed by your doctor to limit pain and swelling.
- Limit movement in the mouth. Don't smoke or use tobacco for at least seventy-four hours. Don't sneeze or cough.
- Don't spit or use a straw for drinking.
- Limit physical activities as increased blood pressure can dislodge a blood clot.
- Don't drink hot, carbonated, or alcoholic drinks. Avoid hot or spicy food.
- Apply an ice bag on the face at the site of the extraction to keep swelling to a minimum. Use it for 20 seconds on the face and 20 seconds off.
- After the numbness wears off completely, drink lots of fluids. Eating soft foods and drinking a lot of fluids is vital. Chewing on the opposite side is also essential.

## After 24 Hours

- Resume normal activities like brushing and flossing.
- Begin to eat normally.
- Continue taking antibiotics as prescribed.
- Warm salt water rinses two-three times a day can reduce swelling.