



Post Operative Care

FOR YOUR TOOTH EXTRACTION

- 1 Please follow these simple instructions to aid in your healing and comfort after your extraction.
- 2 Bite down with moderate pressure on your cotton gauze for one hour following your extraction. This allows the area to start clotting and thus healing.
- 3 Occasional bleeding from the extraction site is normal for the healing process. Bleed could occur for several days following the procedure. If the area does begin moderate bleeding, fold a piece of the sterile gauze into a small square and bite on it with moderate pressure for 10-15 minutes. This should stop the bleeding.
- 4 The extraction site will not completely clot for 24 hours. During this time, it is important to avoid the following activities: no smoking, drinking through a straw, rinsing, or spitting. Any of these activities could dislodge the clot and could result in a painful condition called "Dry Socket." A Dry Socket can be identified by a bad taste, foul odor, and increasing pain from the extraction area. It takes 2-3 days for Dry Socket to begin.
- 5 After 24 hours have passed, rinse the extraction area frequently with warm saltwater. This is the single best way to keep the site clean and promote healing.
- 6 Applying ice to the side of your face where the extraction has occurred is an excellent way to lessen pain for the first 24-48 hours for more difficult extractions.
- 7 Take the pain medication that has been prescribed by your doctor as directed on the prescription lab.

PLEASE CALL WITH ANY PROBLEMS OR QUESTIONS. (585) 247-2530
Please consult the website for any after hours emergencies
Our website: WestsideFamilyDentistry.org