

Post Extraction Instructions

You have just had one or more teeth removed and to avoid problems, please read this and keep it handy for your reference.

1. Please bite on gauze to control bleeding for 30 to 60 minutes. This should stop all bleeding except for minor seepage. If the wound starts bleeding again, place a piece of gauze or a wet teabag against the area and apply moderate pressure for 30 more minutes. If this does not solve the problem, please call.
2. If given a prescription for a narcotic pain medication, take one or two tablets every 3 to 4 hours (if needed) or as directed. This will help control the discomfort. You can take Tylenol or Ibuprofen instead of the “heavy duty” pills. You will be achy and sore for a few days, so please be patient and let your body heal. If the pain medicine upsets your stomach, try to eat something. If you become very sick to your stomach, discontinue the pills and call. **DO NOT** drive, drink alcohol or operate machinery or equipment with prescription pain medications.
3. If given a prescription for antibiotics, please follow the schedule and take them until they are all gone. **DO NOT** stop unless you have a reaction to them. If you have a reaction, please call. Try to use meals to time your pills, such as breakfast, lunch, dinner and just before bedtime. Take them 30 minutes after eating for better absorption.
4. An ice pack will help to reduce any swelling for the first few hours but leave it on for only 15 minutes at a time to avoid frostbite.
5. **DO NOT** smoke, drink alcohol or use straws. This can increase the chance that you will lose a blood clot, which causes more pain.
6. Start **WARM SALT WATER RINSES** the morning after the extraction(s).
7. Remember to cover your pillowcase the night after the extraction. Minor seepage from the site may occur.
8. Eating solid foods may be difficult, but do the best you can. You may try eating soft foods like scrambled eggs, yogurt, soups, malts or shakes.

Please call our office if you have any questions or concerns.

Dillon Family Dental

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