

Frank Bruno, D.M.D.
6525 N. Buffalo Dr.
Las Vegas, NV 89131

Care of Mouth after an Extraction

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. This is why we will ask you to bite on a gauze pad for 30 to 45 minutes. If bleeding continues after removing the gauze pad, place another pad on the area and bite firmly for another 30 minutes. You may have to repeat this several times. After the blood clot forms, it's important to protect it, especially for the next 24 hours.

It is very important **NOT** to:

- Smoke for at least 3 days
- Suck through a straw
- Rinse your mouth vigorously or spit
- Clean the teeth next to the extraction
- Drink alcoholic beverages
- Eat hot and spicy foods

These activities may cause you to develop a dry socket, which is extremely painful that will take up to a month to heal.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice bag (20 minutes on, 20 minutes off) to keep this to a minimum. To control discomfort, take pain medication as recommended. Don't take this medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Avoid taking any aspirin products as they will interfere with the blood clotting.

It's important to:

- Drink lots of fluids
- Eat only soft, nutritious foods

You can begin eating normally the next day, or as soon as it is comfortable. Rinse your mouth gently, holding the water and letting it fall out of your mouth. After 24 hours, you may gently rinse with ¼ teaspoon of salt in 8 oz of warm water three times a day. Also, rinse gently after meals. This helps keep food out of the extraction site.

It is very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh. Call the dental office right away if you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to medication.