



After Care for Tooth Extraction

Proper Care of Blood Clot: For three (3) hours, maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. If needed, replace gauze with another as provided.

Do Not Rinse or use a mouthwash for at least 36 hours, but brush carefully. After 36 hours have passed gently rinse with warm salt water, using a concentration of ¼ teaspoon of table salt in 8 ounces of warm water, two to three (2-3) times daily. The use of commercial mouthwashes during the healing period is not encouraged. If you were prescribed a medicated mouthwash (Peridex), use it as prescribed.

Pain: Following dental surgery, discomfort should be controlled by the medication prescribed. Follow the directions. You may also alternate Ibuprofen (up to 4 tablets) and the pain medication or Tylenol (2 tablets), every 4 hours. For example, at 8:00am you would take the 4 Ibuprofen, at 12:00 (noon) you would take EITHER the pain medication or the Tylenol, at 4:00pm you would take the Ibuprofen again, and at 8:00pm you would take EITHER the pain medication or the Tylenol. If pain persists, call us at the office. Your comfort is important to us!

Toothbrush: Use it carefully but thoroughly. A clean mouth heals faster. Also use a baking soda based toothpaste for two (2) weeks, while healing.

Diet and Smoking: Avoid alcoholic beverages and smoking until healing is well established. Adequate food and fluid intake following surgery is important. Do not consume liquids through a straw. Avoid foods and fluid high in acid, like tomato sauces, fruit juices, and wine. If your regular diet is too difficult, you may supplement it with liquids, such as Boost. Should you find yourself unable to chew foods of any kind, call us right away.

Avoid All Excessive Activity: Do not do things that will raise your blood pressure. Go home, lie down and rest. Do not disturb (pick at) the surgical area.

Sutures: If sutures were used in your treatment, be sure to return for their removal on the appointment date given.

Other Instructions:

Any Questions please call the office at (816) 792-8030