



Care Instructions for Tooth Removal/ Extractions

Within the first 24 hours:

Bite firmly on a gauze pad for at least 30 minutes and as long as necessary to deal with the heavy oozing that is normal after an extraction. Insert a clean gauze pad after one hour if there is profuse oozing. Oozing may continue for 24 hours.

- Avoid spitting, sucking on candy, or sucking through a straw.
- Avoid rinsing your mouth, and do not brush or floss next to the extraction.
- Avoid tobacco products for at least 72 hours.
- Use allergy medication to prevent sneezing and coughing.
- To reduce bleeding, avoid vigorous activity, and elevate your head when lying down.
- Avoid hot, carbonated, or alcoholic beverages and hot or spicy foods.
- When numbness has subsided completely, drink plenty of fluids, eat only soft foods, and chew on the opposite side.

For discomfort:

Take a pain reliever before the anesthetic has worn off or as recommended.

Use an ice bag over the area to minimize swelling, applying it for 20 minutes on and 20 minutes off.

After 24 hours:

- Begin eating normally as soon as it's comfortable.
- Brush and floss as usual, using care around the extraction site for the first week.
- Continue with all antibiotics for the full course even if symptoms have subsided.
- Apply moist heat to any swelling, or rinse with warm salt water two to three times a day for one week.
- Contact our office if you experience heavy bleeding, pain or swelling for more than two days, a bad taste in your mouth, or if you have a reaction to the medication.

Bone Graft Placement

If our dentist has placed bone graft in the extraction site remember:

Bone graft is fine particles and you may find fine particle in your mouth for first few days. Do not panic it is completely normal to find few particles to get dislodged from the site. There are few things to minimize the graft from dislodging:

- Do not vigorously rinse or spit for first 3-5days.
- Leave the grafted area alone, it could be loose for initial few days of healing.
- Do not try to remove or pull the sutures. It may damage, tear or dislodge the blood clot. It will also impair and delay the healing process.
- Keep the sutures as clean as possible or they may get infected. You may also use a Q-tip and soak it in mouthwash and gently clean the sutures. Unless mentioned,

all sutures used are resorbable sutures and you do not have to visit us to get them removed.

We will always like you to come back in few days to follow-up and see if you are healing well.

Please feel free to call us if you have any questions at **562.860.6626**

Innovative Smiles

10929 South Street Suite 110 B Cerritos CA 90703.

www.theinnovativesmiles.com