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Post Operative Care for a Tooth Extraction

Bleeding

After an extraction, a gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the formation of a blood clot. Keep firm pressure on the gauze, replacing it about every 20 minutes if needed. Slight bleeding or oozing is normal for up to two days.

For the first **24 hours** avoid any action that could apply suction to the blood clot, such as **smoking** or **sucking through a straw**. Carbonated beverages should be avoided as they may dissolve the blood clot. If you had an upper tooth extracted do not forcefully blow your nose, as this may force an opening between the mouth and the sinus cavity.

Rinsing

Do not rinse your mouth today. Tomorrow you may rinse your mouth gently with a glass of warm water mixed with $\frac{1}{2}$ teaspoon of salt. This aids in healing the area. You may do this every 3-4 hours, especially after meals.

Swelling

Following an extraction, some swelling and some skin bruising may occur. A cold moist cloth or an ice bag may be applied to the cheek to keep swelling to a minimum. Place on affected area for about 15-20 minutes every hour for the next 6 hours.

Medications

A non-prescription pain medication may relieve the discomfort you may experience. A stronger medication can be prescribed if discomfort continues. No alcohol should be consumed while on any medication. Be sure to take all antibiotics, if given, and take all medication as directed.

Antibiotics can decrease the effectiveness of oral contraceptives.

Food

A light diet with plenty of fluids is recommended the first day. Avoid hot and spicy foods, soft drinks and alcohol for the first two days. In addition, chewing should be done away from the extraction site.

Oral Hygiene

Continue brushing and flossing, being extra gentle near the extraction site.

If any excessive bleeding, discomfort or unusual symptoms occur after hours, please call Dr. Burchfield (979) 571-4404 or Dr. Melton (903)363-8500.