



*associates in*  
**F·A·M·I·L·Y**  
**DENTISTRY**

## Extractions

### *POST CARE INSTRUCTIONS:*

#### **Bleeding:**

There may be some bleeding or oozing after the gauze is removed. If so, follow this procedure:

- ! Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site.
- ! Apply moderate pressure by closing the teeth firmly over this pad. Maintain this pressure for about 30-minutes. If the pad becomes soaked, replaced it with a clean one as necessary.
- ! If heavy bleeding continues for more than an hour, call the office at 231-946-9644. If after hours, please select your doctor's extension and leave a message. The message will alert your doctor and he will return your call A.S.A.P. A moist tea bag placed on the extraction site will often halt any continuing bleeding.

#### **Some Precautions:**

After an extraction, a blood clot forms in the tooth socket. This clot is an important part of the normal healing process. You should, thereafter, avoid activities that might disturb the clot. Here's how to protect it:

- ! Do not smoke for one week.
- ! Do not clean the teeth next to the healing tooth socket for the rest of the day. You should, however, brush and floss your other teeth thoroughly. Gently rinse your mouth afterward.
- ! Avoid mouthwash.
- ! Do not rinse your mouth vigorously, or drink through a straw for 24 hours.

*"Love of beauty is taste. The creation of beauty is art."  
~Ralph Waldo Emerson*

**Swelling and Pain:**

After a tooth is removed, you may have some discomfort and some swelling. You can help reduce swelling and pain by applying cold compress to the face. On and off for several hours after the extraction, you can use an ice bag or cold, moist cloth.

**Medication:**

The Doctor may prescribe medication to control pain and prevent infection. Use it only as directed. If you experience prolonged or severe pain, swelling, bleeding, or a fever, call our office immediately. We will give you exact instructions on how to care for your problem.

**Diet:**

After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can comfortably chew. If you are troubled by nausea and vomiting, call the office for advice.

If you have any questions, please contact us at **(231) 946.9644**

*"Love of beauty is taste. The creation of beauty is art."  
~Ralph Waldo Emerson*