



Tooth Extraction Home Care Instructions

After a tooth extraction, it is essential for a blood clot to form to stop the bleeding and begin the healing process. To facilitate this, please bite down on a gauze pad for 30 to 45 minutes after your appointment. If bleeding or oozing continues, place another gauze pad in the area and bite down firmly for another 30 minutes. You may need to repeat this several times.

Once the blood clot has formed, it is important to avoid disturbing or dislodging it, as it plays a crucial role in healing. For 72 hours following your tooth extraction, please refrain from the following activities:

- Rinsing vigorously
- Sucking on straws
- Smoking
- Drinking alcohol
- Brushing your teeth near the extraction site

Engaging in these activities can dislodge or dissolve the clot and hinder the healing process. Additionally, limit vigorous exercise for the first 24 hours, as this can increase blood pressure and lead to additional bleeding at the extraction site.

After your tooth is extracted, you may experience some pain and swelling. To minimize swelling, apply an ice pack to the affected area. Take pain medication as prescribed, and note that swelling typically subsides after 48 hours.

Use the pain medication according to the instructions provided. If antibiotics are prescribed, continue taking them for the full duration indicated, even if symptoms of infection have resolved. You can resume your normal dental care routine, including brushing and flossing your teeth at least twice a day, after 24 hours. This will help to speed up healing and keep your mouth fresh and clean.

After a few days, you can return to your normal activities. However, if you experience heavy bleeding, severe pain, persistent swelling for 2-3 days, or any adverse reactions to medication, please contact our office immediately at (603)-352-0118.