

Tooth Extractions

After surgery, swelling; bleeding; tenderness; and restricted jaw movement may be expected. In most cases, over-the-counter pain relief is enough to ease any discomfort. Avoid aspirin because it thins the blood and promotes bleeding. Be sure to take *before* pain sets in.

Take it easy on the day of your surgery. Keep head propped when lying down. Apply ice packs (alternate 15 mins on and off) 3 times daily.

Eat COLD, soft foods the first few days following surgery. After bleeding stops, you can eat soft foods such as soup, yogurt, milkshakes, smoothies, and mashed potatoes. If you've been given antibiotics, finish the course as prescribed.

Keep your mouth clean. While you may be advised not to rinse for the first 24 hours, after this initial period you should gently rinse four times a day using warm salt water. Be sure to rinse after every meal and snack to remove any bits of food around the surgical area.

Don't overexert yourself. Don't lift heavy or exercise for 2-3 days after surgery. Avoid hot food or drinks until the numbing wears off. Don't chew hard or crunchy foods (carrots, popcorn, etc.) in the surgical area for 6-8 weeks. Don't brush or floss teeth in the surgical area until 2-3 days later. Try not to smoke for as long as possible after surgery as it can interfere with the healing process and dislodge blood clots. Avoid alcohol for 24 hours.

If you have any questions, experience excessive pain, bleeding, swelling, or fever; contact our office!

