



Erin Bear, DDS | Lindsay Robichaux, DDS
1432 Peterman Drive Alexandria, LA 71301
Ph: 318.442.9613 | Fax: 318.442.9902

Post-Op Instructions Extractions

Immediately after extraction

***After a tooth (teeth) extraction(s), it is extremely for a blood clot to form to stop the bleeding and begin the healing process. This is why we ask that you bite on the gauze for 45 minutes after you leave the extraction appointment. After 45 minutes, you may remove the gauze. If the site is still bleeding, insert another damp piece of double gauze and bite firmly for another 30 minutes. You may have to do this several times. If site is still bleeding persistently a couple of hours after extraction, take a single tea bag, run slightly under water (making the tea bag damp), and bite firmly for about 30 minutes. The tea bag will help the bleeding stop. ***

Important Information to follow

- Take 1st dose of medication 2 hours after surgery with soft foods. **Ibuprofen** over the counter is very effective for discomfort and helps with inflammation in addition to the prescription.
 - Use **Ibuprofen** as directed on the bottle.
 - **ALTERNATE** the prescribed pain medication and Ibuprofen if needed for any discomfort.
- Eat **SOFT FOODS** for 7-10 days. (Mashed potatoes, soft Vegetables, very tender meats, soups, etc)
- **Day of Extraction and next day ONLY-** use COLD ice pack compress on & off. **DO NOT USE HOT OR WARM!**
- **AVOID** chewing in the area of the extractions site for at least a week or more. (Depending on how extensive your procedure is)
- **NO SMOKING FOR 5 DAYS!!!** The reason behind this is that smoking can dislodge the blood clot at the surgery site and lead to a condition known as a dry socket. Dry Socket is an infection that occurs in the empty tooth socket after a tooth extraction. Also, the nicotine from cigarettes can slow down the healing process.
- Starting **2nd DAY** –
 - Begin “Soaking” with warm salt water 3x daily for 1 week/ (1/2 tsp ; 1 cup of warm water)
 - **DO NOT SWISH!!!** Allow the water to soak in your mouth while rolling it around then gently allow the water to “FALL” out of your mouth. **DO NOT SPIT!**
- On the 3rd day after extraction- stop using the cold compress and begin using **WARM COMPRESSES!**
- After 3 days you may resume using a straw if necessary.