

TOOTH EXTRACTION

Post Operative Instructions



Sometimes it's hard to remember all the post operative instructions we go over before you leave. We understand that having a tooth extracted can be very stressful; we want to follow up with a few suggestions to help make your recovery more comfortable.

- Avoid smoking and chewing tobacco for 3 days (Nicotine can lead to dry socket)
 - Avoid intense rinsing, spitting, or sucking through a straw.
 - After 24 hours, you may rinse gently with warm salt water. (1/2 teaspoon salt in 8 ounces of water) to soothe gums and keep clean.
 - If prescribed antibiotics, take your medication as instructed on the prescription bottle. It is Important to finish all antibiotics.
 - You will notice blood in your saliva, this is normal. The bleeding will slow after 1-2 hours. Relieve bleeding by placing a damp rolled gauze against the area for a maximum of 20 minutes.
 - Use an ice pack to reduce swelling (15 minutes on and 15 minutes off)
 - Start with liquids and soft foods. Avoid carbonated beverages and small seeds.
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Please call our office at (541) 389-0277 if you have any questions or notice a worsening of pain, swelling or discomfort.