



Patient Instructions: After Single Tooth Extraction

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the procedure. If the bleeding or oozing persists, place another gauze pad and bite firmly for an additional 30 minutes. You may have to do repeat this process several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it is critical to the healing process. Do not rinse vigorously, avoid using straws, avoid smoking or vaping, and avoid consuming alcohol for 24 hours. These activities will dislodge or dissolve the blood clot and

delay the healing process. Limit vigorous exercise initially as this will increase blood pressure and may cause bleeding from the extraction site.

After the tooth is extracted you will likely feel some discomfort and experience swelling at the site. An ice pack or an unopened bag of frozen peas or corn applied to the area will help to keep swelling to a minimum. The swelling usually subsides after 48 hours.

Use pain medication as directed. Call the office if the medications aren't effective in controlling your discomfort. If antibiotics are prescribed, continue to take them as directed, even if signs and symptoms of infection begin to subside. Drink additional fluids and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable, but please avoid nuts, chips, seeds and popcorn for 2 weeks.

It is important to resume your normal dental routine of brushing and flossing the day following your procedure. This will speed the healing and help keep your mouth clean.

After several days you may resume your normal daily activities. If you have heavy bleeding, severe pain, continued swelling after the initial 2-3-day period, or a reaction to any of the prescribed medications, call our office immediately for additional instructions.

If a temperature greater than 101° persists, notify our office.