

TOOTH EXTRACTION POSTOPERATIVE INSTRUCTIONS

*Please read the following instructions carefully.
They will help you to heal quickly & prevent complications.*

Activity: Reduce your activity immediately after surgery, but resume as soon as you feel back to normal. Most patients can resume high impact activity within 2-3 days post surgery.

Healing: After a tooth is extracted the socket fills with a blood clot, the site slowly heals by a process of bone breakdown and build up. During the next few months the extraction site will shrink and remodel, often resulting in a concavity in the ridge, termed **ridge atrophy**.

Rinsing: Avoid any vigorous rinsing during the first 2 weeks to give the epithelium time to cover the extraction socket.

Dry Socket: This is a severe bone ache that results if the blood clot or bone graft is rinsed out of the socket, exposing the unprotected bone. Dry Sockets almost never occur in bone grafted sockets because the graft protects the bone.

Eating: During the first 24 hours, do not eat or drink anything too hot. Heat dilates blood vessels resulting in more bruising and bleeding. Drink cold beverages. **Foods to consider:** smoothies or milk shakes, (no straw) yogurt, eggs, pastas, mashed potatoes, warm soup, and plenty of liquids. Avoid eating on the extraction site.

Ice Packs placed gently externally over the extraction site during the first 24 hours (15 min. on, 15 min. off) will help to minimize swelling. **Ice chips** or iced beverages help in the mouth as well. Some **swelling** is normal and tends to peak on the third day.

Bleeding or oozing will occur during the first 24 hours (protect your favorite pillow with an old towel). **Persistent bleeding** may require biting on a **moist tea bag** placed over the extraction socket.

Oral hygiene is initially accomplished using a soft tooth brush and gently brushing around the extraction site. Avoid electric brushes or water picks for 2 weeks to allow the skin to heal over.

Smoking retards wound healing and reduces bone formation in the extraction socket. Avoid smoking for at least 6 weeks. If quitting is out of the question, limit yourself to less than ½ pack per day.

Sutures (if used) will dissolve in 3-7 days. Loose strands can be snipped short or allowed to fall out on their own.

Discomfort tends to be mild and improves after 24 hours. **Pain** that starts on day 3 or during the night is a common sign of **clenching or grinding**. These are destructive habits that can cause severe pain by irritating nerves around the surrounding teeth. The whole side of the face, even the ear may ache. **Inform the office if pain persists. (760) 944-7844** or Dr. Roberts cell phone **760-815-7386**