

## **Home Care Instructions – Tooth Extraction**

These instructions are meant to help with the healing process and answer any questions you may have after the surgery is over. They are not meant to guarantee prevention of complications after surgery. These are general guidelines that should be closely adhered to unless otherwise notified by your doctor.

1. Refrain from creating negative pressure in your oral cavity (i.e. spitting, sucking, drinking through straws, smoking, etc.).
2. Avoid eating on the side of surgery for at least 1 week. Avoid extremely hot foods/liquids, carbonated beverages (i.e. soda, beer, champagne, etc.), or any type of food that may get lodged in the surgical site.
3. Brush the rest of your teeth as normal being careful not to disturb surgical site.
4. Avoid vigorous exercise for at least 5 days after surgery.
5. Refrain from smoking for at least 5 days.
6. Numbness will last between 2-12 hours depending upon which medicine your doctor used.
7. Some minor bleeding is normal after surgery. If your surgical site starts to bleed once you get home, place the gauze pack (as demonstrated by the assistant) for 10-15 minutes with firm pressure. Recheck your surgical site. If you are still bleeding, then pack again for another 10-15 minutes, repeating until bleeding stops. If bleeding has not stopped during normal business hours, call our office for an evaluation. If bleeding fails to stop and it is after hours, proceed to the nearest emergency room.
8. Pain is normal and will peak at day 3. Pain should start to slowly get better after that. Take pain medications **ONLY AS PRESCRIBED** to alleviate **SOME** of the discomfort during the healing process. If pain persists past day three **AND** appears to be getting worse with time, contact our office for evaluation.
9. Swelling is normal and will also peak at day 3. Swelling will start to slowly resolve after that. If swelling happens rapidly and is accompanied by pus and fever proceed to nearest emergency room for evaluation or contact our office during business hours.

Feel free to call with any questions or concerns. A member of our team would be more than happy to address your needs. **PHONE #: 314-638-2121**