



WHAT TO EXPECT AFTER AN EXTRACTION

1. Bleeding

Some bleeding is normal following your extraction. To control bleeding, place a tightly rolled gauze over the extraction site and apply firm, constant biting pressure for 30 minutes after your procedure. If bleeding does NOT stop or suddenly starts again, it is usually due to irritation of the wound by mouth or gauze movement, frequent gauze changes, or failure to limit your activity and rest. Recurrent bleeding can be managed by direct biting pressure over the bleeding site using gauze or a cold damp tea bag for 20-30 minutes.

2. Swelling

Some swelling is almost always present following dental surgery and is caused by bleeding on the tissues. Ice packs will help reduce the swelling, but should not be placed directly on exposed skin. Rather, wrap an ice pack in a damp towel and place on the sides of your faces for 20 minutes on, 20 minutes off while awake. Swelling typically reaches its maximum in 48 hours.

3. Pain

Pain may vary from non-existent to severe, depending on the extent of your procedure, but some discomfort should be expected. Painkillers are meant to reduce discomfort, but will NOT always eliminate it. Dental anesthesia/freezing will last about 4 hours on the top jaw and up to 8 hours on the bottom. Do not wait for discomfort or pain before taking medication. Start taking your recommended painkillers before the freezing wears off. Avoid smoking, spitting or sucking through a straw. These activities may dislodge or dissolve the blood clots, increasing both your discomfort and your healing time.

4. Oral Hygiene

Do not rinse your mouth or attempt to clean around the surgery site the first day. The following day you may brush the teeth away from the extraction site. Thereafter, gently brush and floss all your teeth, increasing to normal thoroughness. If a cleaning syringe has been provided, use no sooner than 7 days after your procedure.

5. Diet/Activity

Rest and nutrition are important components of healing. Begin drinking cool, clear fluids as soon as possible to prevent dehydration and increase to a soft diet as tolerated. Avoid hot drinks and hot soup for 2 days. A soft diet for the first few days following the surgery will help minimize pain and reduce the risk of damage to sutured areas. Avoid strenuous exercise. A quiet evening of rest will allow your body to begin to heal.

6. Sutures

Stitches may be dissolvable. They take approximately one week to dissolve, but may fall out after a few days. While stitches are in place they will feel like a thread in your mouth.