

EXTRACTIONS / GRAFTING

After a dental tooth extraction, following post-operative instructions is crucial to ensure proper healing and reduce the risk of complications. Here are the general guidelines:

- 1 **Biting on Gauze:** Immediately after the extraction, your dentist will place a gauze pad over the extraction site. Bite down gently on this gauze pad to help control bleeding. Change the gauze pads as needed, usually every 30 minutes, until bleeding subsides.
- 2 **Bleeding:** Some bleeding is normal after a tooth extraction. If bleeding persists after a few hours, place a fresh gauze pad over the extraction site and apply pressure by biting down for another 30 minutes. If bleeding continues, contact your dentist.
- 3 **Swelling:** Swelling around the extraction site is common and can be minimized by applying an ice pack or a bag of frozen peas wrapped in a cloth to the cheek area for 20 minutes on, then 20 minutes off, for the first 24-48 hours.
- 4 **Pain Management:** Your dentist may prescribe pain medication or recommend over-the-counter pain relievers. Take these medications as directed to manage discomfort. Avoid aspirin, as it can increase bleeding.
- 5 **Diet:** Stick to a soft diet for the first few days after the extraction. Avoid hot liquids and foods, as well as hard and crunchy foods, which can irritate the extraction site. Gradually reintroduce solid foods as tolerated.
- 6 **Oral Hygiene:** Maintain good oral hygiene, but avoid brushing or rinsing vigorously around the extraction site for the first 24 hours. After 24 hours, gently rinse your mouth with warm salt water several times a day to keep the area clean. Resume brushing your teeth, but avoid the extraction site.
- 7 **Avoid Smoking and Straws:** Refrain from smoking and using straws for at least 24 hours after the extraction, as the sucking motion can dislodge the blood clot and delay healing.
- 8 **Rest and Activity:** Rest for the remainder of the day after the extraction and avoid strenuous physical activity for at least 24 hours to allow the blood clot to form and promote healing.
- 9 **Medications:** Take any prescribed medications, including antibiotics if prescribed, as directed by your dentist to prevent infection.
- 10 **Follow-up:** Attend any scheduled follow-up appointments with your dentist to monitor healing progress and remove any sutures if necessary.
- 11 **Contact Your Dentist:** If you experience excessive bleeding, severe pain, swelling, fever, or any other concerning symptoms, contact your dentist immediately.

Following these post-operative instructions diligently will help ensure a smooth recovery and minimize the risk of complications after a dental tooth extraction. If you have any questions or concerns about your recovery process, don't hesitate to reach out to your dentist for guidance and support.