



TRUSSVILLE DENTISTRY  
WES LATIMER, DDS

## Extraction Care Instructions

**BITE ON YOUR GAUZE FOR 20 MINUTES EACH TIME  
YOU APPLY IT**

**DO NOT DRINK THROUGH A STRAW FOR 3-4 DAYS**

**DO NOT RINSE OR SPIT FOR 48 HOURS FOLLOWING  
THE EXTRACTION**

**DO NOT SMOKE FOR AT LEAST 48 HOURS**

Failure to follow these instructions can result in: prolonged bleeding, delayed healing, and increased post operative pain.

### **THINGS TO DO:**

**BLEEDING:** Bite on gauze with firm pressure for at least 20 minutes. If bleeding persists place a new folded gauze and continue to bite firmly for an additional 20 minutes. Keep your head elevated by several pillows or sit. A damp black tea (Lipton, etc) bag can also be used to apply pressure to the area to stop minor additional bleeding. Bleeding should be minor and stop within a few hours for most cases. Patients on blood thinners may have prolonged minor bleeding for 2-3 days as discussed with Dr. Latimer at your visit.

**PAIN:** Discomfort is normal for several days after surgery. It can be controlled, but not eliminated with the pain medication you have been prescribed. Take pills as prescribed with a full glass of water and with a small amount of food if the pills cause nausea. Do not drive or drink alcohol if you take prescription pain pills.

**DIET:** Drink plenty of fluids. Do not use a straw. Eat cold soft foods for the first day. Resume regular meals as soon as possible, eating soft foods at first until you feel comfortable eating firmer foods.

**REST:** Avoid strenuous activity for at least 12 hours after your surgery.

**ORAL HYGIENE:** Do not rinse for the first 24 hours after surgery since this can disturb the blood clot. After 24 hours rinse gently with warm salt water (1/2 tsp salt and 8oz warm water) 3 times a day for the next 3 days

**SWELLING/ BRUISING/STIFFNESS:** Swelling, bruising, and jaw stiffness may occur after extractions. Apply ice packs over the area of surgery for the first 12 hours to control these symptoms. If these symptoms continue for more than 3 or 4 days, please contact our office.

**STITCHES:** Stitches will fall out on their own within 3 to 10 days, unless instructed otherwise.

### **DRY SOCKET:**

Dry socket is a painful condition of delayed healing after an extraction. It typically presents as a rapid increase in pain level after extractions, usually 3 to 8 days after surgery. If this happens, call our office to get treatments to improve your pain.