

POST-OP INSTRUCTIONS

EXTRACTIONS

After a tooth extraction, it is important for a blood clot to form in order to stop the bleeding and begin the healing process. ***Bite on a gauze pad for 30-45 minutes after the appointment.*** It is normal for minor bleeding to occur for the first 24 hours following surgery.

It is important not to disturb or dislodge the blood clot, causing a dry socket. Dry socket causes severe pain and can be avoided by following post-op care.

To avoid DRY SOCKET, refrain from the following:

- Rinsing vigorously
- Spitting
- Using Straws
- Smoking/Vaping for 48 hours
- Drinking Alcohol
- Brushing teeth next to extraction site for 72 hours
- Vigorous exercising or heavy lifting for 72 hours

After 24 hours, resume brushing and flossing to speed healing and keep surgical site clean. Be careful of the surgical site.

You may experience some pain and swelling. Pain medication, such as Ibuprofen, will help with the pain. To reduce swelling, apply an ice pack to the face near the extraction area.

If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection or pain are gone.

You should consume liquids and very soft foods for the first 24-48 hours following surgery. Here are a few examples of what to eat to avoid dislodging the blood clot:

- Jello
- Apple Sauce
- Greek Yogurt
- Scrambled Eggs
- Mashed Potatoes
- Oatmeal
- Cooled Soup
- Macaroni and Cheese
- Ice Cream
- Pudding
- Chicken finely chopped
- Ground Beef

If you believe you have a dry socket, contact our office immediately so that we can treat the area and allow the healing process to continue.

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