

POST TOOTH EXTRACTION INSTRUCTIONS

After an extraction, it's important for a blood clot to form to stop bleeding and begin the healing process. That's why Dr. Schneider requests that you bite onto a gauze pad for at least 15 to 30 minutes depending on the severity of the extraction. If the bleeding continues after you remove the gauze pad, replace with another one and bite firmly for another 10–15 minutes. This may have to be done several times. After the blood clot forms it is important to protect it especially for the next 48 hours.

DO NOT

- **SMOKE**
- **SUCK THROUGH A STRAW**
- **RINSE YOUR MOUTH VIGOROUSLY**
- **CLEAN THE TEETH NEXT TO THE EXTRACTION SITE**

These activities will dislodge the clot and slow down the healing. Limit yourself to calmer activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding, and helps the healing process. After the tooth is extracted, you may feel some pain and swelling. You can use an ice bag to keep this to minimum. The swelling usually starts to go down 48 hours. Use pain medication only as directed, call our office if it doesn't seem to be working. If we prescribe antibiotics continue to take them for the indicated length of time, even if all the symptoms and signs of infection are gone. Drink plenty of fluids and eat only soft, nutritious foods on the day of the extraction. Avoid Alcoholic beverages and Spicy foods. You can begin eating normally the next day or as soon as it is comfortable.

- Gently rinse your mouth with an alcohol-free rinse or lukewarm saltwater two to three times a day after the extraction.
- Rinse gently after meals to keep food out of the extraction site.
- Resume your normal dental routine 48 hours after the extraction. Brushing your teeth, tongue and flossing.

Call the office if you experience heavy bleeding, severe pain, continued swelling after two to three days, or if you experience a reaction to the medication prescribed.

If it is after office hours you may contact Dr. Schneider at **224-622-7216**.