CrimsonCare
FAMILY DENTAL

Postoperative Instructions for Tooth Extractions

Numbness:

Long acting anesthetic was used during your treatment. You can expect the numbness to last for 1 to 3 hours after your appointment.

Post-Procedure discomfort:

It is normal to experience some tenderness after your tooth extraction. The sensation should subside within 3 to 5 days following treatment. Occasionally, it may last up to one week.
It is important that you continue to take an anti-inflammatory as the doctor prescribes:

1. 600-800 mg of Ibuprofen (Advil®, Motrin®) every 6 hours for 2-3 days

OR

2. 500 mg of Naproxen Sodium (Aleve®) every 12 hours for 2-3 days

The doctor may prescribe a pain medication for you; take this as directed. Continue to take the anti-inflammatory in addition to the pain medication.
Do **NOT** wait until you have discomfort to begin taking one of the above medications. It is much more difficult to reduce discomfort once it has started.

Bleeding:

It is normal for bleeding or oozing to occur for as long as 24 hours after the procedure. To minimize this, we have given you gauze to place over the extraction area. Fold 1-2 pieces of gauze, moisten with water, place over the site and apply pressure by biting into it. Replace after 20 minutes.

The Blood Clot:

After an extraction, a blood clot forms. It is important not to disturb this.
Do not smoke, swish your mouth vigorously, or drink through a straw for the first few days.
If the blood clot comes out, you may develop a dry socket. This is intense throbbing pain that must be dealt with at the office. This usually occurs in the first week after treatment if it is going to.
Do not suck on the extraction site.

Swelling and pain:

After a tooth is removed, you may have some discomfort and notice some swelling. You can help this by taking the anti-inflammatory medications discussed by the doctor. Placing an ice pack or a cold cloth on the cheek will also help. Place on for 20 minutes and off for 20 minutes.

Rinsing:

The day after the procedure you can start rinsing after meals with warm salt water (8 oz of warm tap water with ½ teaspoon of salt). Avoid using a mouth rinse during the early healing period

Oral Hygiene:

It is important to continue to brush and floss the remaining teeth. During the first day or two, you will want to avoid the extraction site, as far as brushing and flossing. You can start again after 1-2 days.