

## INFORMATION FOLLOWING A TOOTH EXTRACTION

- **Bleeding** - After an extraction, a gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30 - 45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw.
- **Rinsing** - Do not rinse your mouth for the first 48 hours. After the first two days you can rinse your mouth gently with a glass of warm water mixed with a 1/2 teaspoon of salt. You can do this every 3 - 4 hours a day especially after meals.
- **Swelling** - Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15 - 20 minutes of every hour for the next 6 hours.
- **Medications** - If non-aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.
- **Food** - A light diet with plenty of fluids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from the extraction site.
- **Oral Hygiene** - Continue brushing and flossing being extra gentle near the extraction site.
- **Chips** - During healing you may notice small bony fragments working their way through the gums. We can easily remove them if they are too annoying.
- **Call our office if any unusual symptoms occur.**



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