



After Tooth Extraction Home Instructions

After having a tooth removed, it is very important for a blood clot to form at the extraction site. This stops bleeding, begins the healing process, and protects the area from infection. In order to stop bleeding and aid blood clot formation, you will bite down on a gauze pad for 30-45 minutes after the extraction. If bleeding and oozing still continue, then bite down on a new gauze pad for an additional 30 minutes. You may need to repeat this process several times.

Once a blood blot forms, you should avoid dislodging it from the extraction site. Doing so may lead to a painful condition called dry socket that exposes the area to bacteria. For the next 72 hours, you should avoid rinsing your mouth vigorously, brushing near the extraction site, drinking with straws, smoking, or consuming alcohol. We also suggest that you limit exercise during the days following the surgery because increased blood pressure may result in excess bleeding from the extraction site.

You may experience some pain and swelling after the surgery and can reduce both by applying an ice pack or a bag of frozen peas/corn to your face. The swelling should decrease 48 hours after the extraction. Also, take pain medication as prescribed and call our office if it doesn't seem to be working. Take antibiotics for the recommended length of time, even if the symptoms of infection are no longer present.

After the procedure, you should drink a lot of water and eat soft foods. Once you feel comfortable enough, you can resume your regular diet. You should begin your normal oral hygiene routine about 24 hours after the procedure, taking extra care when cleaning near the extraction site. Brushing and flossing your teeth will clear away harmful bacteria, speeding up healing and reducing your risk for infection.

You can resume your normal activities a few days after the extraction if you feel well enough. But if you experienced increased pain, uncontrolled bleeding, or continued swelling 2-3 days after the procedure or a reaction to a medication, then contact us immediately at 617-934-4952.