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## **Post Operative Instructions for Extractions**

### **What to Expect**

Some discomfort, bleeding and/or swelling are expected after having a tooth extraction. The following are guidelines to follow, which will help the healing and lead to a quicker recovery.

### **Medications**

Take medications prescribed as directed by the dentist.

### **Bleeding**

To help reduce the bleeding, place a gauze over the area and gently but firmly bite on it for 5-10 minutes. Replace the gauze as necessary (when it gets soaked) with new gauze, until bleeding stops completely. If bleeding persists, you can use moist tea bags instead of gauze. Be sure to call us if bleeding persists or increases.

To promote blood clotting, follow the following instructions for the next 24 hours.

- . Keep your head elevated with pillows and avoid excessive activity for the next 24 hours.
- . Avoid spitting, blowing your nose forcefully, or using a straw.
- . Avoid smoking and drinking alcoholic beverages for 24 hours.
- . Do not swish or vigorously rinse your mouth for the first 24 hours.
- . To keep the blood clot intact, avoid touching the extraction site with your fingers or tongue.

### **Swelling**

Swelling may follow more difficult extractions. To minimize swelling, apply an ice pack to your face for 15 minutes on, then 15 minutes off for the first 6 hours following tooth extraction. You may continue ice compresses for the next 48 hours as needed.

### **Diet**

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, ice-cream, yogurts, cool soups and pasta. Be sure to stick to a nutritious diet during the healing period.

### **Oral Hygiene**

After surgery, it is important to keep your teeth as clean as possible to avoid infection and promote healing. At first, gently brush the teeth away from the extracted area. The next day, you may start using warm salt-water rinses (1 teaspoon of salt dissolved in 1 glass water) approximately 3 times a day. Continue this for 1 week after the tooth extraction.

### **Activity**

Generally, it is advised that you relax and rest in a chair the day of the extraction and avoid any significant physical activity. This will promote your healing.

**IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US AS SOON AS POSSIBLE.**