



So you've had a tooth extracted....

Special care is needed during the first 24 hours following an extraction to ensure a speedy, trouble-free recovery. Please observe the following recommendations and call the office if there are any complications.

1. **APPLY PRESSURE TO THE EXTRACTION SITE FOR ONE HOUR.** Pressure stops bleeding. If bleeding persists, apply pressure to the site by biting on a clean gauze pad (we have given you some to take home). If light (pink) bleeding continues, try a tea bag moistened with luke warm water. (The tannic acids in the tea leaves will help stop bleeding.) If heavy bleeding persists call Dr. Hill.
2. **DO NOT RINSE YOUR MOUTH FOR 24 HOURS.** This could cause a condition known as dry socket, which occurs when the blood clot formed after an extraction is rinsed away. Dry socket is *extremely painful*.
3. **DO NOT SMOKE. DO NOT DRINK THROUGH A STRAW.** Any type of sucking action can dislodge the blood clot, cause dry socket and delay healing.
4. **APPLY ICE.** An ice pack can be your best friend in the first 24 hours. Ice cubes in a plastic sandwich bag, commercial ice packs, even a bag of frozen peas will do the trick. Place ice bag in a soft towel and hold on side of face where extraction occurred. Apply for 10-20 minute increments as needed.
5. **EAT SOFT FOODS.** The extraction site and surrounding tissue may be tender for a few days. Have soft foods served luke warm or colder for the first 24-48 hours. Eat soft foods like eggs, soup, rice for the first meal or two. Avoid crispy, crunchy, or chewy foods for a few hours.
6. **BRUSH YOUR TEETH.** You may still brush your teeth, but use caution around the extraction site. You may use a cotton swab to clean around the site, but do not rinse during the first 24 hours.
7. **TAKE PAIN MEDICATION AS DIRECTED.** Take prescribed pain medications as directed. Take 2 Tylenol or 2 Advil for pain every 4 hours. Antibiotics should be taken until finished, even if you feel fine.
8. **AFTER 24 HOURS USE SALT WATER RINSES.** After 24 hours, you may use salt water rinses to relieve any discomfort. Warm Salt Water Rinse: Mix 1 cup warm water (as hot as you can take) with ½ tsp salt. Sip, swish, and spit until water is gone. This can be repeated as often as needed to soothe mouth. This is an EXCELLENT healing tool.
9. **CALL DR. HILL:** If you have any questions or concerns, call us! Leave a message at 408-723-7700 or call my cell phone at 408-309-0290.