

Extraction Instructions

- **Activity:** Rest after the procedure-avoid strenuous activities for approximately 24 hours. It is usually possible to return to work and a normal activity schedule the day following the surgery.
- **Pain:** Follow instructions given for medications. Follow label directions for medications prescribed.
- **Swelling:** To minimize swelling, you may apply an ice pack to the side of the face of the procedure. This will be beneficial the day of the surgery. Swelling may peak at the 2nd or 3rd day.
- **Bleeding:** It is normal to have blood-tinged saliva for several hours after the procedure. If there is considerable bleeding from the treated area, apply pressure for 10-15 minutes with damp gauze. If bleeding persists, call our office. Do not try to stop the bleeding by removing any dressing or rinsing.
- **Brushing:** It is important to keep your mouth clean during the healing process. Brush and floss your non-treated teeth normally, but avoid brushing the treated areas for 1 week. Do not rinse with mouthwashes for at least 48 hours as this may burn. You may need to wait 1 week after the procedure if there is pain when rinsing.
- **Smoking:** Do not smoke for 4 days following the procedure. It can delay healing, cause a dry socket and effect the final results of the procedure.
- **Diet:** Eat soft foods for 48 hours, avoiding crunchy items such as chips, apples, etc. Do not drink through a straw and do not spit forcefully as this may dislodge the blood clot forming over the extraction site. After the first 48 hours, you may eat as comfort allows, being sure to chew on the side of the mouth that wasn't treated. Chewing may be painful or tender for several days following the procedure.
- **Healing:** Healing will not be complete for 4-6 weeks. Removing a tooth is a surgical invasion of the bone and requires just as much time as a fractured bone for complete healing. Your discomfort will be gone much sooner and the tissue will be closed over the site within a few weeks.
- **Sutures:** If stitches have been placed, they are resorbable and should dissolve in 1-2 weeks.

Thank you for choosing us as your dental home.

We look forward to providing you with a healthy smile for many years to come!

Office Phone: 605-665-2448

Emergency Line: 605-857-3449

