

Taking Care of Your Mouth

When you've had a tooth extracted (removed), you need to take care of your mouth. Doing certain things, even on the first day, may help you feel better and heal faster.

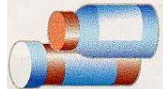


Control of Bleeding

To help control bleeding, bite gently on the gauze placed at our office. The pressure helps to form a blood clot in the tooth socket. Change the gauze every 20 to 30 minutes and continue to apply gentle pressure until the bleeding stops.

Minimize Pain

To lessen any pain, take prescribed medication as directed. Don't drive while taking narcotic pain medication as you may feel drowsy. Antibiotics and some pain medications may alter the effectiveness of birth control pills.



Reduce Swelling

If swelling is expected, we will provide you with an ice pack.

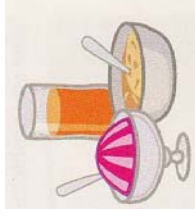
Put the ice pack on your cheek near the extraction site and apply for 20 minutes. Then, remove it for 20 minutes. Repeat this for the first 24 hours only. Do not apply ice to your face after the first 24 hours. Do not apply heat.

Do's

Below are some things you can do to help your mouth heal.

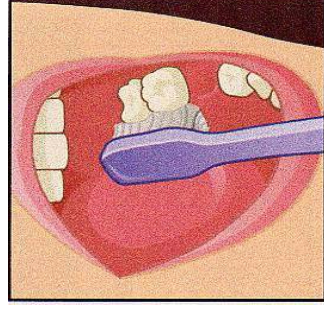
Do Eat a diet of soft, health foods and snacks.

It may be easier for you to eat soft foods soon after extraction. Drink plenty of liquids while you're healing.



Do Brush your teeth gently.

Gentle tooth brushing may be done with special caution near the area of surgery. This should not be done until the day after surgery. Rinsing toothpaste from your mouth may dislodge blood clot.



Do Keep the extraction site clean.

After 24 hours, gently rinse your mouth with warm salt water. Rinse 4 to 5 times a day, especially after meals, for one week with 1/2 teaspoon of salt in a glass of water.



Don'ts

Below are some things to avoid while you're healing.

Don't drink with a straw.

Sucking on a straw may dislodge a clot.



Don't drink hot liquids.

Hot liquids may increase swelling. **Limit your alcohol use if also taking narcotic pain medication.** Avoid commercial mouth wash for 2 weeks.



Don't smoke. Smoking may break down the blood clot, causing a painful tooth socket.



Call Your Surgeon If:

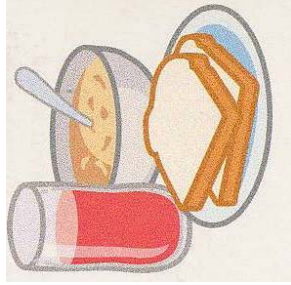
- Pain becomes more severe 2-3 days after your extraction
- Bleeding becomes hard to control (slight oozing of blood on the first day is normal)
- Swelling around the extraction site worsens past the third day
- Itching or rashes occur after you take medication (may be an allergic reaction)

If you underwent IV Sedation or General Anesthesia:

- You may not drive on day of surgery
- You should have someone with you for at least 4-8 hours after your surgery
- You should stand up slowly from a sitting or lying position to avoid lightheadedness as related to the anesthetic medications or the fasting you did prior to surgery

Eating While You Heal

Eating right will help you heal faster after your tooth extraction. Eat regular meals as soon as you can after surgery. As you heal, try the tips below.

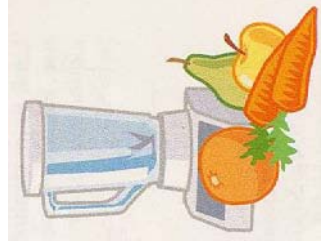


Start with Soft Foods and Liquids

- At first, eat soft foods such as oatmeal, mashed potatoes, bananas, and soups.
- Also drink liquids high in nutrients such as vegetable and fruit juices or high-protein drinks.

Move On to Solid Foods

- Cut food into small pieces to ease chewing.
- Use a blender for hard-to-chew foods, such as apples and carrots.



Be Careful

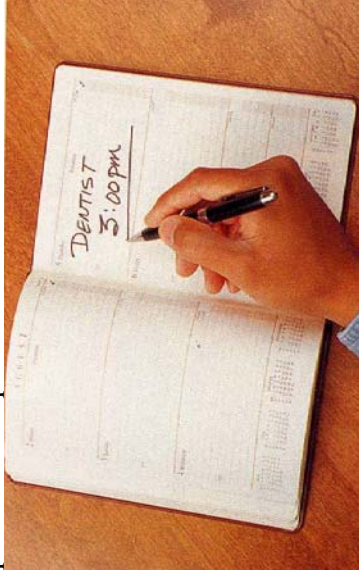
When You Chew

- Limit chewing. Avoid crunchy or sticky foods, such as popcorn, taffy, and nuts.



Follow-up Visits

With proper care, your mouth should heal quickly. Call our office if you have any problems or questions.



- West Chester office: (610)431-2161
- Kennett Square office: (610)444-2818
- Post Surgical visit: _____
- Special Instructions: _____

After a Tooth Extraction

