



POST OP INSTRUCTIONS FOLLOWING TOOTH EXTRACTIONS

We hope your tooth extraction procedure went well, and we want to ensure that your recovery is smooth and comfortable. Please read and follow these post-operative instructions carefully to promote healing and minimize any potential complications.

1. Control Bleeding:

- Bite down firmly on the gauze provided by your dentist. Maintain constant pressure for 60 minutes to help control bleeding and promote blood clot formation.
- If bleeding persists, replace the gauze pad with a new one and bite down for another 60 minutes.
- Avoid spitting, rinsing, or sucking on straws, as this may dislodge the blood clot.

2. Manage Discomfort:

- Take OTC pain medication per instructions provided
- Optional: apply an ice pack to the affected area for the first 24 hours (15 minutes at a time)

3. Promote Healing:

- Rest and limit physical activity for the first 24 hours. Avoid any strenuous exercise or activities
- Maintain a soft diet for the first few days, gradually reintroducing solid foods as you feel comfortable. Avoid hot, spicy, or hard foods that could irritate the extraction site.
- Do not rinse your mouth vigorously for the first 24 hours. After 24 hours, you may gently rinse with warm saltwater (1/2 teaspoon of salt in an 8-ounce glass of water) as needed (**optional**)
- Avoid smoking for 1 week, as it can impair healing and increase the risk of dry socket.
- Keeping your head elevated while resting may help minimize swelling.

4. Oral Hygiene:

- Please continue to brush your teeth gently twice daily, being careful to avoid the extraction site.
- Do not use mouthwash or mouth rinses during the first week after the extraction.

If you experience excessive bleeding, severe pain, increased swelling after 3 days, or fever/chills, please contact us at **717-845-2771**. If it is outside of business hours, select the emergency option and leave a message for the on-call doctor

Every patient's recovery process may vary. If you have any concerns or questions regarding your post-operative care, do not hesitate to contact us for further guidance. Wishing you a speedy recovery!