



Fremont Hills Dental Centre

Extraction Post-Operative Instructions

Immediately following an extraction, bite on a cotton pack for 30 minutes. After you remove the pack, the mouth may ooze a little bit of blood. If the wound still oozes, biting on a moist tea bag for another 30 minutes should help. If the wound continues to bleed after this time, call the office.

Managing Pain and Swelling:

- Take medication as prescribed. Remember to pay attention to warnings on the prescription label regarding driving or operating heavy machinery.
- If no pain reliever is prescribed, any over-the-counter pain reliever such as Tylenol, Advil, or Motrin may be taken.
- Avoid aspirin, since it slows the clotting process.
- Use an ice pack to reduce swelling. Alternate 15 minutes with it on and 15 minutes with it off for three hours

Eating and Drinking:

- Eat soft foods: Carnation Instant Breakfast, flavored drinks (juices and Kool-aid), soup, mashed potatoes, pasta, applesauce, soft meats, gravies, oatmeal, cereal in milk, cottage cheese, other cheeses, peanut butter (creamy), and rice.
- Avoid these foods: taco shells, pretzels, popcorn, peanuts, chips, corn, apples, and anything difficult to chew. Use common sense. If it hurts, avoid it.
- Drink plenty of fluids.
- Avoid hot drinks for at least 24 hours.

Cleaning the Area:

- After 24 hours, rinse the mouth gently using warm salt water (1/2-tsp salt in a glass of warm water) after meals.
- Do not brush or floss the area the day of surgery.

Avoiding Habits:

- Avoid purposefully rinsing the area or sucking as the clot is forming.
- Avoid contacting the sutures.
- Avoid alcohol and cigarettes, since they will delay healing.

Caring for the Area—Day Two and Beyond:

- Return to normal eating habits.
- Brush your teeth gently, avoiding sutures.

- Return to flossing.
- Call the office if you experience any problems.