



Tooth Extraction

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we will ask you to bite on a gauze pad for 30-45 minutes after an extraction. If bleeding continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times. After the blood clot forms, it's important to protect it, especially for the next 24 hours.

Things NOT to do after dental surgery:

- Smoke for at least 3 days
- Suck through a straw
- Rinse your mouth vigorously or spit
- Clean the teeth next to the extraction site.

These activities may cause you to develop a dry socket, which is an extremely painful condition that will take up to a month to heal.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice bag (20 minutes on, 20 minutes off) to keep this to a minimum. To control discomfort, take pain medication as recommended. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Avoid taking any aspirin products as they will interfere with the blood clotting.

More do's and don'ts after dental surgery:

- Drink lots of fluids
- Eat only soft, nutritious foods on the day of the extraction
- Don't drink alcoholic beverages
- Avoid hot and spicy foods and aspirin

You can begin eating normally the next day, or if not by then, as soon as it's comfortable. Rinse your mouth gently, holding the water and letting it fall out of your mouth. After 24

hours, you may gently rinse with $\frac{1}{4}$ to 1 teaspoon of salt in 8 ounces of warm water three times a day. Also, rinse gently after meals. This helps keep food out of the extraction site.

It's very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh. Call your dental office right away if you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to the medication.

Balle & Associates provides important pre and post-operation instructions along with proper cleaning and oral hygiene information such as flossing, brushing, and diet. Balle & Associates cosmetic and general dentistry of Las Vegas, Nevada would be glad to answer any of your questions pertaining to any of the dental techniques and procedures provided in our office. For more information, please tour our site www.balledds.com or call us at (702) 877-6608 with any questions or concerns.