



# At Home Care for Extracted Teeth

Your follow up appointment is: \_\_\_\_\_ Office Phone: 469 353 6964

## Bleeding

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to place a piece of folded, damp gauze over the extraction site and gently bite for 30-60 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or red tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Please seek emergency medical attention if you observe constant bleeding from the socket.

## Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until the day following surgery and will not reach its peak for 5 days. After this time, the swelling should decrease but may persist for 7-10 days.

Swelling may be minimized by the immediate use of ice packs on the day of surgery only. Apply the ice packs to the outside of the face 10 minutes on and then 10 minutes off while awake for the first 24 hours.

Swelling that starts to form around your eye or neck and or tongue is serious and should be monitored and evaluated if you think it is happening.

Swelling around your jaw joint may cause your mouth to not open all the way. This should subside as the swelling goes down after a week.

## Pain

Pain is a natural process after any surgical procedures. All we can do is find ways to minimize the pain as much as possible. Pain is also subjective and one person's pain tolerance varies from another. Please do not hesitate to ask us what other options can help with your pain.

## Suture/Stitches

If you have stitches please read. Stitches/Sutures will resorb or fall out on their own. It is normal for a suture to come out within 3-5 days of surgery. Try to avoid pulling or moving the stitches with your fingers, tongue, tool or toothbrush.



## Dry Sockets

To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking, and exercising for 2-3 days after the procedure. If you have severe pain after 3-5 days after the procedure please call the office to schedule a follow up.

## Fainting precaution

If you suddenly sit or stand from a lying position, you may become dizzy, especially if you have not eaten or had fluids. Please eat and drink from list provided to gain energy. Therefore, immediately following surgery, if you are lying down, make sure to sit for at least one full minute before standing.

## Oral Hygiene

Brush your teeth away from where the surgery took place without toothpaste. Rinse your mouth gently with water. After three days you may use a prescription mouth rinse if prescribed.

## Activity

For the first 48 hours, you should rest and relax with no physical activity. After 48 hours, resume activity as tolerated. No Physical sports such as football, hockey, boxing, or mixed martial arts should be attempted unless cleared by our office dentist. Patient will not be cleared for sports unless swelling is gone.

## Sleeping

Please sleep face-up and on two pillows. If you sleep flat on your back you may experience more swelling overnight. You can do this for the first 5 days. Blood on pillow is nothing to be alarmed about. Do not sleep with gauze in your mouth as this can lead to **choking**.

## Healing

Bad breath or a bad taste is common and will disappear as healing occurs after a week. Two to three days following surgery, white, possibly hard tissue may be seen in the surgical site. This signifies normal, healing tissue. A sharp hard feeling may be felt through the gums, this is not tooth but the jaw. If this bothers the patient after 2 weeks please see us for consultation on removal. The gums normally close up within 4-6 weeks, and the bone starts to heal after 6 weeks. The bone may not fully harden until 4-6 months.

## Urgent Care

Please only visit an emergency room or urgent care if there is a threatening issue or if you are unable to reach our office. Call our office (469 353 6964) first if you have a question.



## Diet

While numb, patients should avoid hot liquids or foods. Once numbness wears off patients can progress to solid foods, chewing away from the surgical sites. Patients should avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the extraction socket.

## FOODS TO DRINK AND EAT WHILE NUMB

### Drink:

- Water
- Juice but avoid sours
- Gatorade
- Ice Chips
- Popsicles
- Milkshakes/Frosty (NO straws)

### Eat:

- Applesauce
- Jell-O
- Pudding
- Yogurt

### Soft Foods When Numbness is Gone

- Mashed Potatoes
- Pasta
- Eggs
- Pancakes
- Creamed Cereals
- Soups (be careful-not too hot)

### Avoid These foods for the first 5 days

- Chips/nuts/Crackers/seeds
- Pizza
- Toasted bread
- Hard Vegetables
- Sodas, Lemonade
- Spicy foods
- Chewing gum

Eat hard foods when you think you can tolerate chewing, wait at least 3 days before attempting.