



# BRIGHTWORKS

DENTISTRY

## **EXTRACTION POST-OPERATIVE CARE**

1. For the first 24 hours, bleeding will occur. Replace the gauze pad as needed, usually every 30-45 minutes, until bleeding stops. Keep your head elevated to help reduce bleeding. If bleeding persists after 24hrs, use damp gauze or tea bag directly on socket and hold firmly for 45 min.
2. **Discomfort:** Take any prescribed pain medications, antibiotics, or anti-inflammatory drugs as directed by your dentist. Be sure to take pain meds before anesthesia wears off. To reduce swelling and discomfort, apply ice packs. Use the ice packs intermittently for 20 minutes on and 20 minutes off during the first 24 hours. After 48 hours, use moist heat to reduce swelling.
3. **Avoid Disturbing the Blood Clot:** Avoid rinsing vigorously, spitting forcefully, using straws or touching the extraction site with your fingers or tongue. Refrain from smoking or consuming alcohol for the first 48 hours, as this may dislodge the blood clot and increase post-operative pain. Be careful of mouthwash with alcohol as well.
4. **Soft Diet:** Stick to a soft or liquid diet for the first 24-48 hours after the extraction. Avoid hot, spicy, crunchy, or hard foods that may irritate the extraction site or dislodge the blood clot. Opt for cool or lukewarm foods and beverages such as ice cream, soup, or yogurt.
5. **Oral Hygiene:** Maintain good oral hygiene by brushing your teeth gently, avoiding the extraction site. After the first day, rinse your mouth gently with warm saltwater every 4 hours for 2 weeks to keep the extraction site clean. Remember no spitting or harsh rinsing.
6. **Rest and Recovery:** Limit physical activity and rest for the first 48 hours after the extraction as it may increase blood pressure and cause bleeding.
7. **Additional:** The extraction site may appear white/yellow in color for up to 3 day after procedure. There may also be swelling after. The swelling will reach it max about 48 hours and can last for 4-6 days. There will be bruising and slight discoloration that can last up to two weeks. Afterwards, there may be stiffness and limited opening which will improve 5-10 days after. All of these things are completely normal and should not cause alarm. Refer to #2 if experiencing any discomfort.
8. **Follow-Up Appointment:** Attend any scheduled follow-up appointments for evaluation of healing and removal of stitches if needed.
9. **Report Complications:** Contact us immediately if you experience excessive bleeding, severe pain, persistent swelling, fever, or any other signs of complications.

**By following these detailed post-operative care instructions, you can promote proper healing and minimize discomfort after a tooth extraction. If you have any questions or concerns about your recovery, don't hesitate to contact us for guidance.**

1858 Independence Square, Suite A, Dunwoody, GA 30338 \* 770-458-3600 \*

info@brightworksdentistry.com