

### *After 48 Hours*

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. Doing so 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. After a few days, you'll be feeling fine and can resume your normal activities.



### *Post Extraction Instructions*

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## After Tooth Extraction

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That is why we ask you to bite on a gauze pad for 30 to 45 minutes after extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

After the blood clot forms, it is important to protect it, especially for the next 24 hours.

It is important that you:

- **DO NOT** SMOKE
- **DO NOT** suck through a straw
- **DO NOT** rinse your mouth vigorously
- **DO NOT** brush your teeth next to the extraction site.

**These activities will dislodge the blood clot and slow down healing.**

## Activities

Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduces bleeding and helps the healing process.

## Pain and Swelling

After the tooth is extracted, you may feel some pain and have some swelling. You can use some ice, 10 minutes on 20 minutes off, to keep this to a minimum. The swelling usually starts to go down after 48 hours.

**To control discomfort, take pain medication as recommended.**

## Antibiotics

If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

## Also

- Drink lots of fluids
- Eat only soft, nutritious foods on the day of the extraction (either cold or at room temperature).
- Don't use alcoholic beverages
- Avoid hot and spicy foods

**You can begin eating normally the next day, or if not by then, as soon as it's comfortable. Gently rinse your mouth with warm salt water three times a day (one teaspoon of salt in cup of warm water, and then gently rinse, swish, and spit). Also, rinse gently after meals. This helps keep food out of the extraction site.**

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