

SHINE DENTAL ASSOCIATES OF THE NORTH SHORE

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POST OPERATIVE CARE INSTRUCTIONS: EXTRACTIONS

After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. After the blood clot forms, it must be protected for the next 24 hours. By following these instructions, healing should be uneventful:

Do not smoke or drink alcohol for at least 24 – 48 hours.

Do not rinse your mouth vigorously or suck through a straw, which can dislodge the clot.

You may brush your teeth next to the extraction site very gently, but do not use a hard bristled toothbrush to “scrub the area”.

Limit yourself to calm activities for the first 24 hours. Avoid vigorous exercise which will raise your blood pressure, increase the potential for bleeding, and ultimately cause dislodgment of the blood clot.

After the tooth is extracted, you may have some discomfort and swelling. Using an ice pack near the extraction site for 20 minutes on and off which will reduce swelling. Swelling should subside after the first 48 hours.

To control discomfort, take pain medication as recommended. Do not take pain 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 signs and symptoms of infection are gone.

ADDITIONAL CARE INSTRUCTIONS

You may resume your normal dental routine after 24 hours.

Keep hydrated by drinking fluids.

Eat soft, nutritious foods on the day of the extraction.

Avoid extremely hot or spicy foods.

You can begin eating normally the next day or if not by then, as soon as you are comfortable. Gently rinse your mouth with warm salt water three times a day. Rinse gently after meals to keep food out of the area.