

## After Tooth Extraction

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30-40 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

After the tooth is extracted you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. The swelling usually subsides after 48 hours.

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

### **The don'ts after an extraction**

Don't be tempted to rinse the area for 24 hours after tooth removal

Avoid hot food or drinks until the numbing wears off. You cannot feel pain while you're numb and may burn your mouth. Also take care not to accidentally chew your cheek!

*Don't poke at the extraction site!*

– keep your fingers and tongue away from this area

*Avoid sucking through straws, spitting, and blowing your nose if possible because positive or negative pressure could dislodge the blood clot. If you have a cold, allergies or anything that will cause you to blow your nose or sneeze, take appropriate medications to treat these.*

*Avoid smoking for 24 hours or at the very least for the rest of the day of the extraction. Smoking can interfere with the healing process, and also the sucking motion of inhaling could dislodge the blood clot.*

*Avoid alcohol for 24 hours, as it could delay the healing process and thin the blood clot.*