

Extractions

Healing following extractions is usually fast and uncomplicated if you follow these instructions for the care of the extraction site.

- DO NOT RINSE MOUTH TODAY – tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days as needed
- BLEEDING – following extractions some bleeding is to be expected. Bite on gauze sponges for 30 minutes after the surgery to encourage the bleeding to clot. Replace the sponges with new gauze for another 30 minutes, if fresh, red blood is present. If bleeding continues after this time, bite on a teabag for 30 minutes. If area is still bleeding, please contact our office.
- FOOD – Light diet is advisable during the first 24 hours. Avoid eating hard foods on the side with the extraction. DO NOT drink or eat hot foods today, as you may dissolve or loosen the blood clot. Eat cool, soft, nutritious foods today.
- BONEY EDGES – Small sharp bones fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for simple removal.
- DO NOT suck on the wound. Avoid smoking and smokeless tobacco during healing; this could irritate the extraction site, loosen the clot causing bleeding, slow healing and/or bone pain often called “dry socket”
- If any unusual symptoms occur, call the office ASAP
- The proper care following oral surgical procedures will hasten recovery and prevent complications.

The points checked below apply to you

- Sutures (stitches):
 - Were not placed
 - Were placed. You need an appointment in about 7 days to have the stitches removed
 - Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks
- Bone Grafting:
 - You may notice granules with drainage from site, this is normal with bone grafting
- Pain:
 - You have not been given a prescription for pain. You should not experience discomfort. Take Ibuprofen/Tylenol, as directed for mild discomfort. If the OTC medication does not control the pain, please call our office
 - You have been given a prescription for pain. You will elect to manage the discomfort with Ibuprofen/Tylenol before filling the prescription. If the OTC medication does not control the pain, please take the prescription as directed
- Antibiotic:
 - You have not been given an antibiotic. It does not appear you will need antibiotic therapy
 - You have been given a prescription for an antibiotic. Please take medication as directed until all tablets are gone
- Cold Application
 - Not necessary
 - Use cold packs on the outside of your cheek near the extraction site for 10 mins on/10 mins off for 1 hour

You should be healed from this extraction very soon. Feel free to call us, if you have severe pain, swelling, bleeding or if you have any additional questions, please call our office at (815) 725-5991

Δ If extreme swelling or if fever of 101° is present, please seek immediate help at your local Emergency Room