



## CARE OF MOUTH AFTER EXTRACTION

The first step in the healing of your extraction site will be the formation of a blood clot in the socket. The primary focus of your post-operative care is to keep this clot intact! If the clot is dislodged, you are at risk of developing a VERY painful condition known as a "dry socket". In order to minimize this risk we STRONGLY suggest that you pay close attention to the following instructions:

- \*No vigorous rinsing for 48 hours—you may brush your teeth, but let the water fall from your mouth. No spitting! After 48 hrs, begin rinsing GENTLY with warm salt water, every 3-4 hours, for several days
- \*No drinking with straws for 5 days!—this can potentially dislodge the clot
- \*Keep fingers and tongue away from the extraction site
- \*When resting or sleeping, keep head slightly elevated for 3-5 days
- \*After your appointment until the site stops bleeding, keep a square of gauze, folded into quarters, on the surgical site. Apply firm pressure by biting for 15-20 minutes. If necessary, repeat this procedure until bleeding stops. If bleeding persists, you may place a moist tea bag over the site, bite gently for 15-20 minutes. If bleeding still does not stop, please call our office for emergency instructions.
- \*Reduce your activity as much as possible— no vigorous exercise for 3 days (running, aerobics, tennis, golf, weightlifting, swimming, etc.). Avoid eating, drinking, and unnecessary talking for 4-6 hours post-surgery.
- \*After the anesthetic wears off (appx 4-6 hrs), you may eat/drink. Please have softer foods, warm or cold in temperature. DO NOT have any HOT food or drink!! Remember, no straws! Maintain a soft diet for 24-48 hours, or longer if you are experiencing discomfort while eating regular foods.
- \*Do not smoke for at least 5 days after surgery
- \*Sometimes small, bony fragments work their way through the gum tissue during healing. It may take 4-6 weeks for any fragments to appear. They can be easily removed at our office
- \*If instructed to take homeopathic medication post-operatively, take as follows:  
ARNICA/HYPERICUM: 2 pellets under tongue EACH HOUR the day of surgery; 2 pellets under tongue 3-5 times/day for 3-5 days afterward  
TRAUMEEL - place 1 tablet under tongue, let dissolve. Repeat for THREE HOURS. Continue taking 1 tablet 3-5 times/day for 3-5 days afterward
- \*If the doctor has prescribed pain medication for you, begin taking according to directions.

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