

AFTER A TOOTH EXTRACTION – At Home Care Instructions
Dr. Charles White's Cell: (337) 356-4184 (for after office hours and/or weekend)

Here is a list of at home care instructions for when you have had a tooth extracted (removed) that if followed, could assist with the healing process and help you feel better sooner. Please look over and call the office if you have any questions.

CALL if you experience any of these symptoms (but are not limited to):

- Pain becomes more severe within the week and doesn't improve, you may have a dry socket and it would need to be treated.
- Bleeding becomes hard to control
- Swelling around the extraction site worsens
- Itching or rash occurs after taking your medication
- Fever, nausea, and/or vomiting
- If unable to reach the office or the dentist, go to the Emergency Room

CONTROL BLEEDING: To help control bleeding, bite firmly on the gauze placed by Dr. White and continue to do so with constant pressure for 30-45 minutes after leaving the office. If you continue to have a lot of bleeding, bite on a regular tea bag. The tannic acid in the tea aids in forming a blood clot. Bite on the gauze or tea bag until bleeding stops. Slight oozing of blood on the first day is normal.

MINIMIZE PAIN: Take prescribed medications as directed if the doctor gave you some. Don't drive while taking pain medications as they may make you feel drowsy. Ask your dentist if you can take over the counter medications.

REDUCE SWELLING: Put an ice pack on your cheek near the extraction site. Apply the ice pack to your cheek for twenty minutes, then remove it for five. Repeat as needed. You may see some bruising on your face. This is normal and will go away on its own.

GET ENOUGH REST: Limit activities for the first 24 hours after your extraction. Rest during the day and go to bed early. When lying down, elevate your head slightly.

DO NOT drink alcohol or rinse with mouthwash that may have alcohol during the first 24 hours after the extraction. Alcohol may slow down the healing process and interfere with your antibiotics, if prescribed.

DO NOT smoke or vape for 24 hours after the extraction. Smoking may dislodge the blood clot and slow down the healing.

Continued on back side...

Dr. Charles White II, DDS - Office Phone (337) 988-7783

Office Hours: Monday – Thursday 8:00 am – 5:00 pm

EATING AND DRINKING:

Day of Procedure:

- Drink lots of fluids and eat soft healthy foods. Chew very carefully! Rinse with warm salt water after each meal to help keep food from entering the extraction site.
- Avoid too hot or too cold liquids
- **Avoid using a straw!** Avoid doing do for the first 24 hours. The suction may disturb the blood clot.

Day after the Procedure:

- You may begin eating solid foods as soon as you can chew comfortably, first starting off chewing on the opposite side.

KEEPING THE AREA CLEAN:

Day of Procedure:

- **DO NOT brush around the extraction site for the first 24 hours!**
- Avoid toothpaste around the extraction site.
- You may brush and floss the rest of your mouth gently.

Day after the Procedure:

- After 24 hours, you may gently rinse your mouth. But please check with your dentist first as each case is different. If the dentist says its okay to rinse, then rinse 4 times daily with 1 teaspoon of salt dissolved into a glass of lukewarm water.