

TOOTH EXTRACTION POST-OPERATIVE INSTRUCTIONS FROM THE OFFICE OF DR. BOND

BLEEDING: Dr. Bond will place folded wet gauze over the extraction site; this is a pressure pack to help allow a blood clot to form. It should be left in place for 30 minutes. Extra gauze will be sent home with you, but **DO NOT** use it unless there is heavy bleeding; the site will ooze, this is normal and desirable. (Remember that blood mixed with saliva can look like a lot of bleeding; sip cool water and if this does not clear your mouth, the extra gauze can be used.) If needed, wet gauze before use, fold into quarters, place on extraction site, and bite firmly- do not pump up and down.

MEDICATION: For most extractions an over-the-counter medication is the most effective. Dr. Bond often recommends taking ibuprofen (Motrin, Advil) or acetaminophen (Tylenol), at the time the gauze is removed. Follow directions on the label. If you feel this is not working for you, call Dr. Bond to discuss other options. If appropriate, a prescription for pain management will be dispensed. Do not wait until you have discomfort before you take medication, it is easier to stay on top of pain curve than try to catch up.

SWELLING/PAIN: After the removal of a tooth, you may have some discomfort and/or swelling. An ice pack or cold, moist cloth can be applied to your face. Usually 20 minutes on, ten minutes off, unless otherwise specified.

THE BLOOD CLOT: A blood clot forms in the socket after an extraction. It is important to follow these instructions so it is not lost prematurely.

- **DO NOT** smoke, rinse vigorously, drink through a straw, or do any activity that creates suction in the mouth.
- Avoid anything with alcohol for 24 hours, including mouthwash.
- Limit strenuous activity for 24 hours. This will reduce bleeding and lessen the chance that the blood clot will be displaced.
- If clot does not form in the first day or two after the extraction or is lost prematurely, it can result in osteitis or dry socket. If you are feeling great for the first three days, then extraction site becomes painful and throbs, contact our office and Dr. Bond can determine if you have dry socket. If you do a medicated dressing may be placed in socket to ease pain and aid in healing.

DIET: It is important to drink lots of liquids and eat soft nutritious foods following an extraction. Soft nutritious foods include: omelets, pancakes, pasta, etc. Avoid hard, sharp foods such as chips, nuts, popcorn, etc., as they can get lodged in socket. Do not use a straw and avoid hot foods and alcohol.

DENTAL HYGIENE: Avoid cleaning teeth next to extraction site for the rest of the day, brush and floss other teeth as normal. Beginning tomorrow, brush and floss all teeth. It is common to have bad breath and an unpleasant taste.

- Avoid mouthrinse or mouthwash, unless otherwise specified.
- The day after the extraction, we recommend starting warm salt water rinses (1 tsp salt in 8 oz. glass warm water). One rinse equals one 8 oz glass. Gently rinse several times a day, especially after eating and continue until unpleasant taste and odor are gone. If there is any concern of salt intake, follow with a clear water rinse.

FOLLOW UP: If sutures were required, usually gut sutures are used. This type of suture dissolves on it own. They will usually come out in your tooth brush or while eating in 5-7 days after extraction. If they are still present after 7 days, you can check to see if they are ready by gently tugging on knot; if they do not come easy then they need a little more time. Your body breaks the sutures down and everyone is a little different. If sutures need to be removed by Dr. Bond we will schedule an appointment one week after extraction.

If you have any questions, please call Dr. Bond at the office (701)235-3205, home (701)235-6062, or cell (701)361-1613.