



POST-OPERATIVE INSTRUCTIONS FOR DENTAL EXTRACTIONS

Instructions

1. **Rest for the remainder of the day.**
2. Bite on supplied gauze pad for 1 hour to stop bleeding and allow blood clot to form.
3. Do not rinse mouth for one day.
4. **Do not smoke, suck on a straw, spit, or increase pressure in mouth in any way. This will disrupt the blood clot.**
5. Eat soft foods for 1 day then slowly progress to a normal diet. Avoid seeds.
6. After 24 hours you can begin **gently** rinsing your mouth with warm salt water after every meal to remove food debris from the extraction socket.

Pain

1. Take prescribed pain medication.
2. An increase in pain for 2-4 days following extraction is normal. If pain continues to increase as opposed to diminish after 2-4 days, call the office and book a follow-up appointment. Infection or dry socket are likely responsible.

Swelling

1. Swelling and discoloration is expected and will reach its maximum 2-4 days after the extraction. It will slowly diminish after this. A cold pack should be applied to the site of swelling (alternate 20 mins on with 20 mins off) for the first 6-12 hours to help reduce swelling.

Bleeding

1. Redness in saliva is expected. If the extraction site continues to bleed, place a gauze pad over it and apply pressure by biting down. Sit still, do not talk, chew or move around.
2. Bleeding is normal within 24 hours, if anything more than that please contact our office.
3. If sudden heavy bleeding occurs that you cannot control with gauze and pressure, please head to emergency immediately.

Sutures (Stitches)

1. Will dissolve on their own in 1-2 weeks.

Dry Socket

1. This can be avoided if all the previous recommendations are followed. However, should it happen, it will generally occur from day five, onwards. After 2-4 days post extraction, your healing should slowly, progressively be getting better each day. However, a sudden change in discomfort may indicate dry socket. It can also be accompanied with intense smell and taste. Please contact our office for an appointment if this occurs.

Do not hesitate to contact Acacia Dental Centre at any time at **780-449-0405.**