

**Dental Professionals on Whitesburg
8315 Whitesburg Drive, S
Huntsville, AL 35802
256-883-6770**

AFTER CARE INFORMATION FOLLOWING A TOOTH EXTRACTION

- Bleeding** – After an extraction, a damp gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30 to 45 minutes and replace it if bleeding continues. Slight bleeding may occur up to 2 days. Sometimes biting on a moist tea bag may help with excess bleeding. Avoid activities that could apply suction action to the blood clot such as smoking or sucking through a straw for 2 to 3 days.
- Rinsing** – Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with ½ teaspoon of salt. You can do this 3-4 times a day, especially after meals.
- Swelling** – Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next 6 hours.
- Medications** – If regular non-aspirin pain relievers do not alleviate the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.
- Food** – A light diet with plenty of fluids is recommended the first day. Chewing should be done away from the extraction site. Alcoholic and carbonated beverages should be avoided for the next 2 or 3 days to prevent dislodging the blood clot.
- Oral Hygiene** – Continue brushing and flossing, being extra gentle near the extraction site.
- Bone Chips** – During healing you may notice small bone fragments working their way through the gums. We can easily remove them if they are too annoying.