

SURGICAL

Tooth Extractions

BEFORE YOUR APPOINTMENT

- Eat beforehand unless you've been told otherwise or are being sedated.
- Arrange a ride home if you're receiving sedation.
- Let us know about blood thinners or any bleeding disorder well before your appointment.

AFTER YOUR TREATMENT

Control Bleeding

Bite firmly on the gauze pad for 45–60 minutes. If bleeding continues, replace with fresh moistened gauze — a damp tea bag also works well.

Protect the Clot

Do not spit, rinse vigorously, smoke, or use a straw for the first week. Dislodging the clot causes dry socket, which is painful and delays healing.

Swelling & Comfort

Cold pack 20 minutes on, 20 off, for the first 24 hours. Take pain medication before the anesthetic wears off.

Eating

Soft, cool foods for the first week. Avoid hot liquids and chewing near the site. For the first week, also avoid all spicy foods and anything crunchy, and do not sip through a straw when drinking. Return to a normal diet as comfort allows.

Rinsing

Starting the day after, rinse gently with warm salt water several times daily, especially after meals.

Healing Notes

Sharp edges you feel may be small bone fragments working out — this is normal. Dissolving sutures typically disappear within three to five days.

Call Us If

Bleeding is heavy after several hours, you develop worsening pain around day three (possible dry socket), or you have fever or swelling that increases.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.