



Home Care Instructions After Extractions

Day of extraction: Do not rinse your mouth the day of surgery, since it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. Also try to avoid spitting the day of surgery. After the blood clot forms, it is important not to disturb or dislodge the clot therefore do not suck on straws, smoke, drink alcohol for 72 hours. These activities will dislodge or dissolve the clot and slow the healing process.

Beginning the next day: Rinse your mouth vigorously with warm salt-water (add 1 tsp. of salt to a cup of warm water) This rinse is important both for healing and hygienic purposes so it should be repeated several times throughout the day especially after meals. For extensive surgical procedures this rinse should be done every hour for the first three days. After that 4-6 times daily will do.

Rest: It is always important to get plenty of rest with any surgical procedure, additionally you should limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

Smoking: It is very important not to smoke for at least 3 days after the procedure, as the heat from the smoke will prevent healing, and may cause very painful post-operative infections.

Swelling: After the tooth is extracted you may experience some swelling. To help control this, apply an ice pack or an unopened bag of frozen peas or corn to the side of the face 20 minutes on 20 minutes off, continue this throughout the day of the extraction to keep the swelling to a minimum. To be most effective the application of ice packs should begin as soon as possible. The swelling usually subsides after 48 hours

Discomfort: You may experience pain or discomfort after the extraction, the amount and duration of the discomfort will vary from patient to patient. The pain medication prescribed by Dr. Hochstein when taken as directed, is generally sufficient. It may require 30 to 95 minutes to take effect. Take any pain medication as prescribed and NEVER TAKE ON AN EMPTY STOMACH. If you are taking pain medication, we request that you avoid strenuous tasks; driving and operating machinery for 24 hours. Call our office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

Diet: The day of surgery, avoid hot liquids or hot foods. Drink plenty of fluids without a straw and eat nutritious soft foods on the day of the extraction, it may be necessary to eat soft foods (yogurt, gelatin, milk, soups, milkshakes, ice cream etc...) for several days. You can resume to your normal diet as soon as you are comfortable, unless otherwise directed, you will feel better and have more strength, less pain and heal faster if you continue to eat. Adults should consume 2-3 quarts of liquid each day and children should have a proportional amount. Avoid alcoholic beverages.

Fever: A low grade fever is not unusual after even a simple procedure. Fever may be caused by inadequate fluid intake as well. If excessive or at all questionable do not hesitate to call our office.

Oral Hygiene: It is important to resume your normal dental hygiene routine after 24 hours of surgery. This should include brushing and flossing your teeth at least twice a day. This will speed healing and help keep your mouth fresh and clean.

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately at 201-833-6847.