

Seascape Dental
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Post - Op Instructions after extraction

After an extraction, its 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 the gauze pad for 20minutes after the extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another 20mins.

DO NOT

- Smoke for 24-48 hours
- Suck through straw
- Rinse your mouth vigorously
- Clean the teeth next to the extraction site tonight
- Exercise or lift anything heavy
- Drink alcohol

These activities will dislodge the clot and slow down the healing. Limit yourself to calm activities for the first 24hours, this keeps your blood pressure lower, reduced bleeding, and helps the healing process.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice pack to keep this to a minimum, and sleep with your head slightly elevated. The swelling usually goes down after 48hours.

Use pain medication only as directed, call the surgery if it doesn't seem to be working, If antibiotics are prescribed, continue to take for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluid and eat only soft foods on the day of extraction. Ice cream or smoothies are good ☺

Gently rinse your mouth with salt water three times a day beginning the day after the extraction (a tsp of salt in warm water, rinse gently swish,, spit). Also gently rinse after each meal to keep food away from area. It is very important to resume your normal dental routine 24 hours after the extraction, this should include cleaning your teeth, brushing your tongue and flossing at least once a day.