



EXTRACTIONS

We hope you're doing well after your extraction appointment. It is now up to you to follow these instructions for the best healing results. Keep this email handy for reference.

- Your anesthesia will wear off in approximately 1 to 3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off.
- After an extraction, 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 to 45 minutes after the extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times. After the blood clot forms it is important to protect it, especially for the next 24 hours.
DO NOT: smoke, suck through a straw, rinse your mouth vigorously, or clean the teeth next to the extraction site. These activities will dislodge the clot and slow down healing. Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding and helps the healing process.
- Drink lots of fluids and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally the next day or as soon as it is comfortable. Chew on the area gently for the first few days, as to not disturb any surrounding tissue that may be irritated from the treatment. This is a restored tooth; so be mindful of chewing anything that may be too hard (nuts, ice, hard bread, etc.) or too sticky (candy, caramel, taffy, etc.).
- After the tooth is extracted you may feel some pain and have some swelling. You can use an ice bag to keep this to a minimum. The swelling usually starts to go down after 48 hours. Use pain medication only as directed. Ibuprofen will help reduce the inflammation in the area worked on, and will further eliminate hot, cold and pressure sensitivity if taken as directed. Do not use ibuprofen for more than one week. Extra Strength Tylenol can be taken 2 hours after Ibuprofen in case additional pain management is needed. Use only as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- While many extractions use absorptive sutures that do not need to be removed; some surgeries require the removal of sutures. Be sure to follow through on your appointment to have your sutures removed on time if this applies to your case.

Please call or text us at (707) 963-4611 if you have any questions.