



VERSAILLES DENTAL

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Post Operative Instructions For Tooth Extraction

As your mouth heals you can promote faster healing of your surgical site(s) and avoid complications by following these recommendations:

- Some discomfort, bleeding and swelling should be expected in the next 24-48 hours as your mouth heals.
- Take all medication as prescribed
- For adults who choose not to take prescription pain relievers, if allowed by your physician, you can take either 600mg ibuprofen/Motrin or two extra-strength acetaminophen/Tylenol every six hours as needed for pain.
- Do not smoke, spit or suck through a straw for at least 48 hours. Doing so could dislodge the blood clot and lead to dry socket.
- Starting tomorrow, you can use a warm salt water rinse if desired. (1 tsp of salt in 8 oz of warm water)
- Chew on the side opposite of the extraction site, if possible, and avoid any foods that are too hot or too cold. Soft foods are best.
- No heavy lifting or working out for at least 24 hours post extraction.
- Brush and floss as you normally would, paying particular attention to gently clean the teeth around the surgical site, without brushing directly overtop of it.
- Change gauze every 20 minutes until the bleeding has stopped. If you do not have enough gauze you can use a moist tea bag or a wet washcloth.
- If there is any swelling, apply a bag of ice wrapped in a towel on the side of your face for 20 minutes. Wait 20 minutes and then repeat if necessary.
- The initial healing period typically takes from one to two weeks, gum tissue takes about 3-4 weeks to heal and complete healing of the bone can take about 6-8 months depending on your care of this area.
- Do not disturb the extraction site. In doing so you may invite irritation, infection or bleeding.

If you need any further assistance you can contact Dr. Sommer on her cell phone at home: 419-305-7238.