



# Instructions Following Tooth Extraction

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Tenino Family Dental Center  
Dr. Suzanne KluhWinans  
Dr. Maureen Craig

## Controlling Bleeding

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Pressure helps to stop bleeding. **Keep the gauze pad pressed over the extraction site for 30 min.** You may change out the gauze every 30 min for up to 2 hours. It is important to keep light pressure over the area until the bleeding stops. It is normal to have some oozing and pink in the saliva for 1-2 days following the extraction. Black tea bags can be used to control minor bleeding. Excessive bleeding is pooling or dripping of blood outside the extraction site within 15-20 seconds after removing the gauze. Please call if you have excessive bleeding past 2 hours after the extraction.

## Things to Avoid

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The main goal after extraction is to maintain the blood clot in the socket for proper healing. Excessive force on the area can dislodge the blood clot, interrupting normal healing and creating a dry socket.

- ✓ **No Rinsing or swishing for 24 hours.** After 24 hours, light rinsing may be done following eating, brushing, etc. with a warm salt-water rinse (1/4 tsp salt in a cup of warm water). Rinsing vigorously may disrupt the clot.
- ✓ No brushing the day of the extraction.
- ✓ **No smoking for 3 days.**
- ✓ No straws for 3 days.
- ✓ No strenuous exercise or heavy lifting for 3 days
- ✓ Avoid crunchy, crumbly food that can become lodged in the socket for 1 week.
- ✓ Avoid hot foods for 3 days. Hot foods can activate bleeding.

## Pain Control

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Expect some tenderness for up to 2 weeks. It will take many months for the socket to completely heal.

- Use only aspirin-free pain reliever (Tylenol, Advil). Aspirin prevents clotting and may prolong bleeding.
- If needed, use pain relief medication prescribed by the dentist. Do not drink or drive on this medication.
- If this was a more involved extraction or if multiple teeth were removed, bruising may occur in areas where the blood has pooled. You may want to use an ice pack to decrease swelling and inflammation. Use the ice bag on the outside of the face over the extraction area. Alternate, leaving it on for 10 min then removing it for 10 min. Heat is NOT used for swelling.

## When to Call: 360-264-2353 (24 hrs/day)

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Please feel free to call with any questions. Important times to check-in with us are:

- Excessive bleeding after 2 hours past the procedure (see above).
- If you have excessive pain that cannot be controlled by the prescription medication.
- Excessive swelling.
- If bony protrusions form after extraction, during healing process. Bony changes occur as the area heals. Bone protrusions and fragments can form. These should be removed in the office.
- If sutures were placed, make an appointment for removal 5-7 days after surgery.