

Manteca Dental Care

| Rick Van Tran, DDS |
& Associates

Home Care Instructions for Extractions

DO NOT DISTURB THE WOUND. In doing so, you may cause irritation, infection, and/or more bleeding. Be sure to chew on the opposite side for 24 hours. Keep anything sharp or sticky, such as chips, nuts, popcorn or taffy, from entering the wound.

DO NOT SMOKE FOR 24 HOURS. Smoking interferes with healing and may break down the blood clot causing a painful dry socket.

DO NOT DRINK HOT LIQUIDS OR ALCOHOL FOR 24 HOURS. Hot liquids may increase swelling and alcohol may slow healing.

BRUSHING & MOUTHWASH. Avoid all rinsing for 24 hours after the extraction. This is to insure the formation of a blood clot with is essential to proper wound healing. You may use warm salt water or mild antiseptic rinses after 24 hours. Avoid brushing around the extraction site and don't use any toothpaste for the first 24 hours. Rinsing toothpaste from your mouth may dislodge the blood clot.

DO NOT SPIT OR DRINK WITH A STRAW FOR 1 WEEK. Spitting or sucking through a straw causes a negative force in your mouth that may dislodge the blood clot.

BLEEDING. To help control bleeding, bite firmly on the gauze placed by your dentist. The pressure helps to form a blood clot in the tooth socket. Change the gauze every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. If you have a lot of bleeding and run out of gauze, bite on a wet tea bag. The tannic acid found in tea aids in forming a blood clot. Bite on the gauze or tea bag until the bleeding stops.

PAIN. Some discomfort is normal after surgery. To lessen any pain, take prescribed medication as directed. **DO NOT** drive while taking any pain medication, as you may feel drowsy. Over the counter medications such as Advil may be taken.

SWELLING. To reduce swelling, put an ice pack on your cheek near the extraction site during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, as needed. You may see some bruising on your face. This is normal and will go away.

DIET & REST. Limit activities for the first 24 hours after the extraction. When lying down, elevate your head slightly. Eat a diet of soft, healthy foods for the first 24 hours and drink plenty of liquids while healing. If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!

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