

Post Extraction Instructions

Bleeding: Bleeding is expected and lasts up to 24 hours. You will be sent home with gauze placed in your mouth to help with the bleeding. Leave the gauze in your mouth for at least 30 minutes. If necessary, change and reposition the gauze over the extraction site. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in water, squeezed damp-dry and wrapped in moist gauze) for 10 -20 minutes. Remove the gauze while you eat and sleep. Once the bleeding has stopped you may discontinue the use of gauze.

Swelling and Bruising: Most extraction sites are accompanied by some degree of discomfort. Both swelling and bruising are common. The use of an ice pack is recommended in 20 minute intervals the day of surgery. It is not unusual if you wake with more swelling the day after surgery. Resting with the head elevated helps to minimize swelling. After 24 hours you may discontinue the use of an ice pack. Instead, a warm compress should be applied to areas of swelling and/or bruising in 20 minute intervals.

Care: In order to protect the extraction site and promote quicker healing, we ask that you do not smoke or suck through a straw for at least three days. Doing so will also help prevent a dry socket from forming. Please be careful when brushing. Keep the toothbrush away from the area, and do NOT spit for at least three days. Two days after the extraction, rinsing with warm salt water will help keep the area clean. Remember, you cannot spit, so allow the water to run out of your mouth into the sink after rinsing.

Medications & Diet: There is a possibility you may be prescribed an antibiotic before and/or after your procedure. It is important antibiotics are taken until the entire prescriptions are finished. Soft foods are best within the first 48 hours. Ensuring you stay hydrated and properly nourishing your body is vital to the healing process.

Physical Activity: Avoid strenuous activity for the first 24 hours as it may cause a recurrence of hemorrhage.

Smoking: Smoking will slow the healing process tremendously, increasing your risk of both infection and a dry socket. We strongly advise against smoking.

Your safety is our number one concern, so please contact our office @ 706-863-5337 with any questions. If it is after normal business hours, Dr. Bullard's cell number is on our office voicemail.

Please do not hesitate to call.