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Extraction Care Instructions

Keep the sterile gauze we gave you in your mouth and apply gentle pressure for 2 hours, changing every 30 minutes to control bleeding.

Ice packs or ice in a wet washcloth should be applied outside the treated area for 15 minutes on and 15 off for as long as desired during the first 24 hours.

Avoid smoking for the first 24 hours. Most problems occur with patients that smoke. A dry socket will appear 2-3 days later and are very painful. You are safe to eat and drink liquids but avoid crispy hard foods. Common sense will help you to determine what to eat. Maintain good nutrition, it promotes healing and helps avoid stomach upsets due to medication. Cold foods, like ice cream is best after an extraction.

If you have been given a prescription to make you feel better, take as directed and do not consume alcohol or drive while taking the medication. If antibiotics are prescribed, be sure to take as directed until gone.

It is not unusual for a bruise, slight numbness, discomfort, bleeding or swelling to occur following oral surgery. We sincerely hope none of these occur, but they are common so do not be alarmed.

If you have any questions, do not hesitate to call our office or Dr. McNeeley, 440-644-0660, if you have an emergency after hours.

WHAT TO DO:

- Drink lots of fluids.
- Eat soft, nutritious foods on the day of the extraction
- Eat cold foods, such as ice cream and smoothies
- Avoid crispy foods
- Resume normal dental routine the night of the extraction to speed the healing process

WHAT NOT TO DO:

- Rinse your mouth vigorously
- Smoke
- Do not disturb or dislodge blood clot that will form and aid in the healing process