



Immediately after extraction:

- Bite on a gauze pad firmly for _____ hours, changing the gauze pad every _____ minutes or when it becomes saturated. Oozing can occur for as long as 24 hours, this is normal. If necessary use a fresh gauze pack and apply firm biting pressure.
- To keep swelling minimal use an ice bag over the area (not in the mouth), 20 minutes on and 20 minutes off.
- Don't rinse your mouth or brush / floss near the extraction site for 24 hours.
- Limit physical activity, avoid operating machinery, and elevate your head while lying down.
- Don't drink hot, carbonated, or alcoholic beverages and avoid hot and spicy foods for 24 hours.
- Pain management – if pain medication is prescribed use as directed. If an over the counter remedy is suggested use: _____
Pain medication should be used before the anesthetic has worn off or as recommended.
- When the numbness has worn off completely drink lots of fluids and eat only soft nutritious foods using the opposite side of your mouth.
- If antibiotics are prescribed take them exactly as directed: _____

For the first 3 – 4 days after extraction:

- Don't spit, suck on candies or suck liquids through a straw.
- Don't smoke or use tobacco products (slows healing).
- Try not to sneeze or cough. Have sinus or allergy medication on hand if needed.
- Resume normal brushing and flossing after the first day, clean gently around the site.
- Begin to eat normally as soon as it's comfortable. Avoid crunchy, chewy or sticky foods.
- Ice packs may be applied for 20 minutes on and 20 minutes off to help reduce swelling and discomfort. Swelling can continue to increase over the first 48 – 72 hours; it should start decreasing after 72 hours.
- Further reduce swelling by rinsing gently with warm water and salt (1 teaspoon per glass) after the first 24 hours. Rinse 2-3 times per day and after meals.
- Small bone fragments may emerge from the healing gum tissue for many weeks following an extraction. If they are bothersome please contact the office.

It is normal to experience some discomfort for several days following a tooth extraction. Contact us at **401-944-8100** right away if you have:

- Heavy or increased bleeding
- Pain and swelling that increases beyond 2 – 3 days
- A bad taste or smell in your mouth
- A reaction to any prescribed medications

Additional instructions: _____
