

Care Instructions for Tooth Removal/Extractions

Within the first 24 hours:

Bite firmly on a gauze pad for at least 30 minutes or as long as necessary to deal with the heavy oozing that is normal after an extraction. Insert a clean gauze pad (slightly damp) after one hour if there is profuse oozing. Oozing may continue for 24 hours.

- Avoid spitting, sucking on candy, or sucking through a straw.
- Avoid rinsing your mouth, and do not brush or floss next to the extraction.
- Avoid tobacco products for at least 72 hours.
- Avoid vigorous activity, no heavy lifting or a lot of bending over.
- Elevate your head above your heart when lying down.
- Avoid hot, carbonated, or alcoholic beverages and hot or spicy foods.

After 24 hours:

- Rinse with warm salt water rinses to keep area of extraction(s) free from food etc.
- If prescribed an antibiotic continue with all antibiotics for the full course even if symptoms have subsided.
- Contact our office 816-822-0990 if you experience heavy bleeding, pain or swelling for more than two days, a bad taste in your mouth, or if you have a reaction to the medication.

