



PATIENT TOOTH EXTRACTION INSTRUCTIONS

- **Pressure** is the key to forming a clot. Bite on gauze for 30 min, replace with clean gauze for another 30 min if needed.
- **DO NOT** create a suction in the mouth that will cause loss of the blood clot, i.e. suction through a straw; smoking a cigarette; spitting to remove blood or saliva, let it drool (do not spit) for at least 3 days.
- **DO NOT** eat or drink anything hot until numbness is gone. Try to eat a soft food diet for the first 24-48 hours.
- **Tomorrow** start salt water rinses 3 to 4 times a day for the next 4 days to help cleanse the extraction area of food particles. 1 T. salt in a glass of water.
- A clean mouth will heal faster. Continue to brush and floss all teeth, carefully cleaning around the extraction site.
- Some oozing of blood may be expected, but if heavy bleeding continues beyond 30 min, substitute moist tea bags for gauze.
- An ice pack over the surgical site will minimize swelling. Place on for 15 min then off for 15 min for the next 2 hours.
- If sutures have been placed, they are dissolvable and will dissolve in 7-10 days.
- If pain and swelling is experienced after surgery, use over-the-counter pain medication as directed. If pain or swelling persists beyond 2 to 3 days, call the office 406-655-0887.