

Instructions Post Tooth Extraction

1. Due to the use of local anesthetic be careful not to bite the lip, tongue or cheek areas.
2. Press on the sponge inserted into the extraction area for 30 minutes (using pressure from the opposing teeth) and then throw out the sponge.
3. On the day of the extraction avoid using mouth wash and any spitting motions. Excess saliva should be swallowed instead. Spitting might remove the blood clot formed at the extraction area, cause additional bleeding, slow down the healing process and even cause major pain.
4. On the day of the extraction avoid smoking, at least for the first 3 hours after the procedure. Avoiding smoking entirely on the day of the extraction is preferable.
5. Avoid eating for two hours after the extraction. Then eat soft, cold food- avoid eating or drinking hot food and beverages.
6. On the day of the extraction it's recommended to avoid intense physical exercise like running, cycling and swimming. Also avoid long exposure to the sun.
7. During the day it's normal for saliva to be a little bloody. In case of a bigger bleed, wash the mouth gently with cold water and then wet a regular black tea teabag, put on the extraction spot and press with your teeth. Tea essence is known to reduce the size of blood vessels and bleeding.
8. In case of pain take the painkillers you usually use for headaches (aspirin is not allowed!).
9. Swelling and discoloration of the tissue surrounding the extraction area is common. In cases of surgical extraction, it's recommended you put ice in a plastic bag, wrap with cloth and press to the cheek from the outside- close to the extraction area. Press for 13 minutes, take a 13-minute break and press again for 13 minutes. This helps prevent or reduce possible swelling.
10. If a drug prescription was given it's important to take it and follow the appropriate instructions.
11. The day after the extraction it's recommended to use mouth-wash after every meal and before bed for a week until area is healed. Make mouth-wash out of a lukewarm glass of water and half a teaspoon of salt (do not use mouth wash on the day of the extraction!).
12. If stitches were put in place, come to take them out at the clinic after a week- unless told otherwise.
13. In case of a severe issue, it's recommended to call your treating doctor.

I wish you a speedy recovery,
Dr. Jaron Blasbalg