



## WHAT TO EXPECT AFTER A TOOTH EXTRACTION

**You have had a surgical operation in your mouth. It must be cared for just as an operation on any other part of the body. Some discomfort, bleeding and swelling should be expected in the next 24 to 48 hours as your mouth heals. Following these instructions will promote faster healing and avoid complications.**

1. Leave the gauze pad in with moderate biting pressure for 1 hour. This pressure helps reduce bleeding and permits a clot to form in the tooth socket. If bleeding persists, additional gauze pads may be used.
2. Do not spit, suck through a straw, blow your nose, or sneeze violently. These actions will promote bleeding and may dislodge clot.
3. For the first 24-48 hours, you should maintain a diet of soft foods. Hot and spicy foods should be avoided to prevent irritation and burns in the extraction site. Also avoid carbonated and hot beverages for 3-4 days. Avoid sticky foods like taffy. Return to a normal diet as tolerated.
4. For the first 24 hours, your activity should be limited. No bending over or heavy lifting for 2-3 days. When lying down, keep your head elevated with pillows to control bleeding. Please be aware you may get severe bleeding following extractions under increased air pressure conditions such as flying or diving under water.
5. Do not smoke or use tobacco products for 48 hours after surgery. Smoke can interfere with healing, promote bleeding, and cause a painful situation known as “dry socket”.
6. Do not directly brush extraction site for the first 3-4 days after surgery. Avoid all rinsing for the first 24 hours. After the first 24 hours you should gently rinse the area using warm salt water (1 tablespoon salt in 8 oz of water). Do not use hot water. In addition, rinse the extraction site after eating.



7. Tylenol or Motrin can be taken every four hours as needed or as directed by Dr. Verbarg. Avoid aspirin as it promotes bleeding. If antibiotics are prescribed, follow the instructions and take until gone.
8. To treat any swelling, apply an ice pack or a cold towel for 12 to 24 hours. Apply alternately, 10-20 on the 10-20 minutes off, for 6 hours or longer if necessary.

**If you have any questions regarding these directions or need clarification please call. Or if you experience excessive bleeding, or swelling, persistent and severe pain, fever or a reaction to medications you should call our office:  
Office- 602-997-0334 Dr Verbarg's cell- 602-316-4624**