



Tooth Extraction Home Care Instructions

This will provide guidance on how to care for yourself at home and recover quickly:

Immediately after the procedure

- Firmly bite on gauze for 30-45 minutes.
- Replace gauze as needed. If you run out of gauze, a wet tea bag can be used.

For the next 24 hours

- Avoid: blowing your nose, spitting excessively, using a straw, smoking, exercising, brushing the area, or rinsing.*
- Do not consume: alcohol, carbonated beverages, or hot liquids.*
- Keep a soft diet to ensure no food is being pushed into the extraction site.

These may cause the blood clot to dislodge from the "socket", causing a "dry socket" resulting in unnecessary pain. Should this happen, call our office as soon as possible.

For the next 5-7 days

- Rinse with warm salt water after every meal to aid in dislodging food from the extraction site.
- A soft diet is still recommended, but solid foods can be added into your diet slowly.
- It is common to see a small amount of blood when you rinse or brush your teeth, but should not be excessive.

Pain management

- Some pain is normal and can be managed with over the counter medication.
- We recommend a combination of 325-650mg acetaminophen *and* 400mg ibuprofen every 4-6 hours as needed.
- Aspirin should be avoided as it tends to thin the blood and prolong bleeding.
- If you experience severe pain, swelling, or heavy bleeding please contact our office as soon as possible.