Tooth Extraction

Summerlea Dental
summerleadental.com

Post-Operative Instructions

Instructions:

1. Bite firmly on the gauze for 15 minutes after your appointment. If it is still bleeding after this time, replace it with fresh gauze and bite firmly again. Slight oozing or pink-tinged saliva is normal for the first 24 hours.
2. Do NOT spit, rinse your mouth, or use a straw for the first 24 hours. Do NOT smoke, vape or drink alcohol for at least 72 hours. These can dislodge the blood clot and delay healing.
3. Do not eat or drink hot beverages until the freezing has worn off, to avoid biting your lip, cheek or tongue.
4. Take your pain medication as directed by Dr. Jomha, and ideally before the freezing wears off. If antibiotics were prescribed, finish the entire course.
5. Swelling is normal and usually peaks 2–3 days after the extraction. Apply an ice pack to the outside of your face for 15 minutes on and 15 minutes off during the first 24 hours. After that, a warm compress may help.
6. Eat soft, cool foods (yogurt, applesauce, soup, eggs) for the first 24 hours, and chew on the opposite side. Avoid hot, spicy, crunchy or sticky foods until the area has healed.
7. Do not poke, touch or pick at the extraction site with your tongue, fingers or any object.
8. Brush and floss your other teeth as usual, but avoid the extraction site. Starting 24 hours after the extraction, gently rinse with warm salt water (½ tsp salt in a cup of warm water) after meals and before bed.
9. Rest and avoid strenuous exercise for 48–72 hours. Keep your head elevated with an extra pillow the first night.
10. If you have stitches, they will dissolve on their own in 1–2 weeks unless Dr. Jomha has told you otherwise. Please keep any follow-up appointment you have been given.

General Information

Contact our office if:

- Bleeding does not slow or stop after 30 minutes of firm pressure with fresh gauze.
- Pain is getting worse or is not controlled with medication 3–4 days after the extraction.
- Swelling is increasing after 3 days, or you develop a fever, a bad taste or pus.
- You develop a rash, hives or itching.

If you have difficulty swallowing or breathing, seek emergency care immediately.

Emergency contact (only if our office is closed): call or text Dr. Jomha at 780-666-3554.