



TOOTH EXTRACTION POST-OP INSTRUCTIONS

- After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. Please bite on a gauze pad for 30-45 min after the appointment to help clot form.
 - If bleeding persists, change out the gauze pad and bite firmly for another 30 min. Repeat as needed.
- After clot forms, it is important not to disturb or dislodge the clot. **Do not rinse vigorously, suck on straws, smoke or vape, drink alcohol, or brush teeth next to the extraction site for 72 hours.**
 - Limit vigorous exercise for the next 48 hours because it can increase blood pressure and cause more bleeding from the extraction site.
- It is normal to experience minor pain and swelling after a tooth extraction. Apply an ice pack to your face near the extraction area to minimize swelling.
 - **Take 800mg ibuprofen and 500mg Tylenol for pain management.** Do not take ibuprofen if your primary care physician has advised against it.
 - Do NOT exceed 3200mg of ibuprofen or 4000mg of Tylenol in 24 hours.
- Call our office if you have extreme pain or swelling. If antibiotics are prescribed, continue to take them as directed until all gone. Drink plenty of fluids and eat soft foods on the day of extraction.
- Resume your normal dental routine after 24 hours to speed healing and keep your mouth fresh and clean.