

HOME CARE AFTER EXTRACTIONS

You now have a socket that is bleeding. To stop the bleeding and start the healing process you must bite on gauze for 1 hour. Change gauze as often as needed.

It is normal for your saliva to be streaked with blood for the first day. If abnormal bleeding occurs after one hour, place another piece of gauze or moist cloth over the socket and bite down for another hour.

Once bleeding has stopped and a blood clot is formed, it is important to preserve that clot so the healing can occur. For the first 24 hours:

DO NOT SMOKE

DO NOT DRINK THROUGH A STRAW

DO NOT DRINK ALCOHOL

DO NOT USE ANY MOUTHWASHES

AVOID ANY FOODS HOT OR CRUNCHY

All the above will cause delayed healing

Swelling is normal after the teeth have been extracted and should not cause alarm. If you notice swelling starting, place an ice pack on the affected area and leave ice on 15 minutes, off 15 minutes and on again for 15 minutes for the first 8 hours only.

Eat a normal quantity of food during the first day. Try and chew solid foods on the other side of your mouth. Try to avoid liquids and foods that are hot or crunchy around the socket. Make sure to have at least a liquid diet if chewing is too difficult.

Take prescriptions as directed.

After 24 hours start warm salt water rinses. Mix 1 TBSP of salt with 8 oz. of warm water and gently swish and spit. Rinses should be done after each meal or snack. The number of rinses should increase each day to help the healing. Continue salt rinses and please refrain from smoking until healing is complete, 3 days.

Any questions or concerns please call:

easterseals Dental Center at 603-621-3482