

# ANGWIN DENTAL

FAMILY DENTAL CARE

[www.angwindental.com](http://www.angwindental.com)

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## INFORMATION FOLLOWING A TOOTH EXTRACTION

- **Bleeding** – After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30 – 45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw.
- **Rinsing** – Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with ½ teaspoon of salt. You can do this every 3 – 4 hours a day especially after meals.
- **Swelling** – Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15 – 20 minutes of every hour for the next 6 hours.
- **Medications** – If non-aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.
- **Food** – A light diet with plenty of fluids is recommended the first day. Chewing should be done away from the extraction site.
- **Oral Hygiene** – Continue brushing and flossing being extra gentle near the extraction site.
- **Bone Chips** – During healing you may notice small bony fragments working their way through the gums. We can easily remove them if they are too annoying.
- Call our office if any unusual symptoms may occur.