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Family, Cosmetic and Implant Dentistry
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Care of Mouth After Extraction

For the first 24 Hours:

- No rinsing, spitting, drinking through a straw and no smoking.
- Protect the healing clot as much as possible and you will avoid the painful “dry socket” that occurs when the healing clot is dislodged.
- Keep activity light. Avoid lifting heavy objects, bending over, working out, and lifting weights.

Bleeding:

- Bleeding will stop slowly. Use gauze and pressure as needed to stop bleeding. Remove one hour after appointment. Do not replace gauze unless bleeding starts again. The bleeding should stop in one to three hours, however, slight oozing is normal. If the area starts to bleed again use a dampened tea bag in the area until bleeding has subsided.

Swelling:

- For the first 24 hours, apply a plastic bag or towel filled with ice, (a bag of frozen peas works well) against the outside of the cheek on the affected side for 15 minutes on, then 15 minutes off. Continue for as much of the day as possible.

Food:

- For the first 24 hours, a soft food diet is recommended. It is important to eat and drink, just avoid the surgical site. Avoid hot liquids or hard foods in the extraction area. After 24 hours, use good judgment, and try to protect the healing clot. Gently brush or wipe unaffected teeth after a meal.

Medication:

- If antibiotics are prescribed, take the full amount prescribed even if symptoms have disappeared. If pain medication is prescribed, take it according to directions and only as long as relief is needed. If pain medication was not prescribed, it is recommended to take the combination of: Tylenol (2 caps @ 500 mg each) and Advil (2 tabs @ 200 mg each) every 6 hours as needed for pain.

Tomorrow:

- **Twenty-four hours after extractions**, begin salt-water rinses up to 3 times a day as needed.

Questions:

- If you have any questions or concerns, please call the office at any time. If the office is closed, the answering service will contact the doctor on-call for you: Binghamton Office 607-724-1389. Endicott Office 607-754-3080.