



NELSON AVENUE DENTAL CLINIC

## Post Dental Extraction Care

### What to expect:

- A little bleeding from the extraction socket is normal, please maintain pressure on the wound for at least one hour with the gauze that has been provided. It is normal for a small amount of bleeding to continue for the next 24 hours.
- We just took a tooth out, so it is going to be a bit uncomfortable. You will likely experience some dull pain for the next 2 or 3 days. Over the counter Advil (Ibuprofen) or Tylenol (Acetaminophen) usually suffices. *Please take as indicated on the bottle, unless otherwise prescribed by Dr. Alfaro.* A prescription for stronger pain relief can be prescribed for you if the over the counter medication is not enough.
- Minor bruising and swelling is normal. This peaks at 3-4 days and begins to subside at that point. Placing a cold pack on the affected area for 20 minute intervals can help with the swelling. Advil (Ibuprofen) is also helpful to combat inflammation.
- The area will first heal with a blood clot (looks red or purple) and then will turn white and stringy (Fibrin clot). Within a week the gums will grow over and seal the "socket". Bone healing takes at least 6 weeks, but is not uncomfortable. It is not uncommon for a small depression to remain in the gums after healing.
- A stitch may be placed to close the socket; these will dissolve on their own.
- Antibiotics may be prescribed in cases of larger infections, or for certain medical conditions.
- Follow up appointments will be scheduled to monitor your healing.

### What to do:

#### Day of extraction:

- Please keep pressure on the wound until the bleeding slows/stops
- Follow any prescriptions given
- Do not smoke or drink out of a straw
- No swishing of fluids and only gently brush the area; do not spit out toothpaste forcefully
- Avoid hot food, spicy food or food with small bits (rice, seeds) as they may get in the socket

#### 3-4 days after:

- Begin brushing the area gently and resume normal diet, but be careful to not dislodge the clot that has formed
- No straws or smoking
- Gentle rinses with warm salt water can help keep the extraction site clean of food debris

#### When to contact us:

- If the bleeding has not stopped, if the pain suddenly increases or if you have any concerns at all
- But remember: minor swelling, bruising, and bleeding are all normal

If you have any questions or concerns please contact the office.