

Hosking and Killian Dentistry PLLC

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Instructions Following Tooth Extractions

It is normal to experience some discomfort, light swelling or bleeding after a tooth is removed.

Call us if you are experiencing heavy or increased bleeding, pain and swelling that is increasing beyond 3 days, a bad taste or odor, or any reactions to medications.

During the first 24h it is important that a blood clot forms in the extraction site to stop bleeding, reduce pain, and speed healing. To protect this blood clot and avoid a dry socket:

- Bite on a gauze pad firmly for 30-60 minutes, repeat for 30 minutes with clean gauze if bleeding or oozing persists. It is normal for the site to ooze lightly during the first 24 hours.
- Keep fingers and tongue away from surgical site and any sutures.
- Do NOT spit, suck on candies, or beverages through a straw.
- Do NOT smoke or use tobacco for a minimum 72 hours, tobacco products slow healing and increase your risk significantly of a dry socket. If you had bone grafting completed, no smoking period.
- Limit activities
- Do not drink hot liquids, carbonated beverages or alcohol and avoid hot and spicy foods.
- Do not rinse with any mouth washes and do not brush or floss within one tooth on either side of the extraction site.

After the first 24 hours you may begin to eat normally as soon as it's comfortable

- Continue to avoid mouthwashes, and instead use a warm salt water rinse by mixing 1 tsp of salt to 8oz of water, gently roll the solution around and let it run out of your mouth, avoid vigorous swishing and spitting.
- Resume brushing, being very gentle adjacent to the surgery site.
- If you had sutures placed, we will remove them in approximately two weeks.