

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.