

## Post Operative Extraction Advice

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why your dentist will ask you to bite on a gauze pad for 30 to 45 min after an extraction.

If bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 min. You may have to do this several times.

After the blood clot forms, it's important to protect it, especially for the next 24 hours. It's important **NOT** to

1. Smoke
2. Suck through a straw
3. Rinse your mouth vigorously
4. Clean the teeth next to the extraction site
5. Drink alcohol
6. Drink hot fluids

These activities could dislodge the clot and slowdown healing.

After 24 hours, patient should rinse gently with a The warm salt water mouthwash. This should be done after meals, and at least 3 to 4 times a day.

The solution can be made by dissolving 1 teaspoon of salt in a cup of warm water.

After particularly difficult extractions, there may be swelling or bruising. Swelling can be reduced, by applying a cold pack to the face, in the area of the extraction. 20 minutes on, then 20 minutes off. This can be repeated as often as you feel necessary.

Some people, particularly the elderly, and patients taking aspirin or similar drugs are more prone to bruising.

Appropriate pain relief can be taken.

It is important to carry on your normal dental routine after 24 hours, as a clean mouth heals better.