

Post-Op Care for Your Extraction

- Avoid disturbing the treatment area.
- Allow a few days, especially the first 24 hours, for your body to naturally heal and “clot.”
- Avoid dislodging the clot with swishing, sucking through a straw, and smoking.
- Prevent toothpicks, eating utensils, or crunchy foods from making contact with the treated area.
- Chew on the opposite side of your mouth for 24 hours.
- Control bleeding with gauze and light pressure for 30 minutes after your procedure. Avoid removing the gauze during that time. The appearance of blood is normal for in the hours following your procedure.
- Avoid smoking after your procedure for at least one week. The suction can dislodge the clot and you may also be susceptible to “dry socket.”
- Reduce your pain with over-the-counter pain relievers (Tylenol, Advil, non-aspirin pain relievers) every 3 to 4 hours until bedtime.
- Use prescribed pain medication as needed and with food or milk to reduce stomach irritation.
- Avoid alcohol if taking any prescribed pain medication.
- Apply an ice-bag to the facial area of your procedure in 15 minute increments for the first day following your procedure.
- Expect numbness to last for a few hours following the procedure. Avoid chewing or biting until the anesthesia wears off.
- Eat soft foods for the first 2 to 4 days, maintain a balanced diet, and drink plenty of water.
- Avoid alcohol for 48 hours.
- Avoid chewing directly on the area of your procedure.

Oshawa Centre Dental Office

905-571-2443

www.oshawacd.com