Chastain
DENTAL STUDIO

Post Extraction Care Instructions

BLEEDING

After an extraction, a **moist gauze pad** will be placed over the site to control bleeding and help a protective clot form. Keep firm **pressure on the gauze for 30-45 minutes**. If bleeding continues, replace it with a new gauze pad and repeat the process.

Mild bleeding may occur for up to **48 hours**. To avoid dislodging the clot, **do not smoke, drink through a straw, or engage in any activity that creates suction**.

RINSING

Do **not** rinse your mouth today. Starting **tomorrow**, gently rinse with a **warm saltwater solution** (one teaspoon of salt in a glass of warm water). Repeat this **every 3-4 hours**, especially after meals, to keep the area clean.

SWELLING

Some **swelling and bruising** around the extraction site are normal. To minimize swelling, apply a **cold compress or an ice pack** to the outside of your cheek in **15-minute intervals** (15 minutes on, 15 minutes off) for the first **6 hours** after surgery.

MEDICATIONS

- Take all prescribed medications **exactly as directed**. If you were given antibiotics, complete the full course.
- If no prescription pain medication was provided, you may take **Tylenol (2 tablets) or Advil (2 tablets) every 4 hours** as needed for minor pain and swelling.
- **Avoid aspirin**, as it may increase bleeding.
- If over-the-counter pain medication does not provide relief, please contact our office for further guidance.

DIET

- Stick to a **soft diet with plenty of fluids** on the first day.
- Avoid **hot or carbonated beverages**.
- Avoid **spicy or crunchy foods**
- Chew on the **opposite side** of the extraction site to prevent irritation or disruption of healing.

BONE FRAGMENTS

During the healing process, you may notice **small bone fragments** working their way through the gum tissue. This is normal. If they become bothersome, we can easily remove them in our office.

WHEN TO CALL US

If you experience any **unusual symptoms** such as excessive bleeding, severe pain, swelling that worsens after a few days, or signs of infection (fever, pus, bad taste in the mouth), **please contact our office immediately**.

Be sure to mark your message as URGENT and leave your name along with a reliable contact number so we can reach you as soon as possible.