

Douglas M. Johnson DMD

*Family Dentistry*  
ORTHODONTICS & COSMETIC DENTISTRY

## *After Care Instructions*

### **Permanent Tooth Extraction**

- ◆ Hold the gauze pack over the wound for 20 minutes or until you get home. Use gauze pads with biting pressure, changing after 20 minutes or when saturated. Discontinue use when bleeding has stopped. Blood tinged saliva can be expected during the week following extraction especially when eating and brushing.
- ◆ Do not rinse mouth or spit for 24 hours following extraction. Beginning the next day, rinse the mouth gently with warm saltwater (1 tsp. salt in a 8 oz. glass of warm water). Do not swish vigorously. Continue this 4-5 times a day for 1 week.
- ◆ Do not use a straw for 2-3 days. **NO SMOKING FOR AT LEAST 24 HOURS.** The suction from the act of smoking and using a straw may open the wound and prevent healing.
- ◆ No hot liquids for the first 24 hours.
- ◆ Drink liquids and eat soft foods for the next few days. Examples: eggs, custard, milk products, soups, mashed potatoes, applesauce, Jell-O, yogurt, ground meats, juice, etc. **NO ALCOHOLIC BEVERAGES.** Alcohol delays tissue healing and increases the possibility of prolonged bleeding.
- ◆ Apply ice pack to outside of face, next to area for 20 minutes on and 20 minutes off over the first 24-48 hours to help minimize swelling.
- ◆ When the anesthetic wears off (in 1-2 hours) you may or may not have some discomfort. If so take pain medication as prescribed.
- ◆ If bleeding becomes excessive, thick and bright red, use damp gauze pad and place biting pressure over bleeding point for one hour steadily. Should this fail, clear the mouth of blood, then place a warm wet non-herbal tea bag over the area with biting pressure as directed above. Should both methods fail within 4 hours, call the office.

When in doubt, call us. Your comfort and care is our top priority. We're always available – even evenings and weekends – so call us at (541) 928-5414 (Albany) or (503) 394-3345 (Scio).