

Douglas M. Johnson DMD

*Family Dentistry*  
ORTHODONTICS & COSMETIC DENTISTRY

## *After Care Instructions*

### **Primary Tooth Extraction**

- ◆ Bite on gauze pack for 20 minutes or until you get home. Change gauze pack every 20 minutes or when saturated. Discontinue when the bleeding stops. Blood tinged saliva can be expected during the first 24 hours and periodic blood tinged saliva can be expected during the first few days, especially when eating and brushing.
- ◆ When the anesthetic wears off (in 1-2 hours) you may or may not have some discomfort. If so take pain medication as needed.
- ◆ Avoid hot liquids for 24 hours after the extraction.
- ◆ You may eat soft and colder foods for the first 2-3 days during healing. Then you may go back to eating your normal diet.
- ◆ Do not spit or rinse for the first 24 hours following extraction.
- ◆ Do not use a straw for the first 2-3 days.
- ◆ If needed, you can apply an ice pack to the outside of your face, next to the area for 20 minutes on and 20 minutes off for a couple of hours to help minimize swelling.
- ◆ In the unlikely event that, bleeding becomes excessive, thick and bright red, use a damp gauze pad and place biting pressure over the bleeding point for one hour steadily. Should this fail, clear the mouth of blood then use a warm wet non-herbal tea bag over the area with biting pressure as directed above. Should both methods fail within 4 hours, contact 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).