



POST-OP INSTRUCTIONS EXTRACTIONS

Follow these instructions carefully to ensure the successful healing of your tooth extraction.

During the first 24hours:

- Bite on a gauze pad firmly for 60 minutes then repeat with a clean gauze pad if oozing is profuse. The site could ooze for as long as 24 hours.
- Talking with gauze in place can promote bleeding.
- Don't spit and don't suck on candies or through a straw.
- Don't rinse your mouth and don't brush or floss next to the site.
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- Don't sneeze or cough, so have sinus or allergy medication on hand if necessary.
- Avoid physical activity including lifting and bending for at least 3 to 5 days.
- Don't drink hot, carbonated or alcoholic drinks, and avoid hot or spicy foods.
- During the healing process, you'll want to eat soft food such as soup, pudding, yogurt.

After the first 24hours:

- Begin to eat normally as soon as it's comfortable.
- Clean gently around the site for about a week.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Reduce soreness or swelling by applying moist heat. Swelling usually starts to go down after 48hours.
- Further reduce swelling by rinsing your mouth very gently with warm salt water. Rinse two to three times a day for the week following the extraction.

WHEN TO CALL US !

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away at 416-901-7293 if you have:

- Heavy or increased bleeding***
- Pain or swelling that increases or continues beyond two or three days***
- A bad taste or odor in your mouth***
- A reaction to the medication***