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AFTER A TOOTH EXTRACTION

1. Bite down on the gauze provided to you continuously for 20-30 minutes to stop the bleeding. After 20-30 minutes, remove the gauze. If the bleeding has stopped, leave the gauze out. If it continues to bleed, dampen 2-3 pieces of clean gauze with cold water, fold and bite on it, changing it every 20-30 minutes until the bleeding has stopped. If bleeding does not slow within a couple of hours, dampen a tea bag with cold water and use that in place of gauze.
2. If you were not given narcotic pain medication, use over the counter ibuprofen or acetaminophen for any discomfort. Take the first dose within 2 ½ to 3 hours of appointment time. If an antibiotic was given, start that later in the day. *Take the antibiotic until it is gone.* Take medication with food.
3. Apply ice packs to the affected area (20 minutes on and 20 minutes off) for 24-48 hours to decrease possible swelling.
4. You may brush your teeth the day of the extraction but it is important to rinse your mouth and spit very gently. On the day of the extraction, use only cold water to rinse your mouth. After 12 hours you may rinse your mouth using salt water or a mouthwash.
5. You may eat a diet of soft foods, such as Jell-O, pudding, yogurt, oatmeal, milkshakes, etc., soon after your extraction. You may resume a normal diet based on your comfort level. It is important that you rinse your mouth after every meal. If a syringe was provided to you, after **one week** you may fill it with water and flush the extraction site(s) after every meal. Continue to do so until a hole is no longer seen.
6. **DO NOT SMOKE** for 3 days.
7. Do not drink through a straw for 3 days.
8. If stitches were placed during your surgery, they will dissolve on their own in 1-2 weeks. You do not need to return for a follow up visit unless otherwise instructed by the doctor.
9. Call the office if you develop increased swelling, pain, pus, or a bad taste in your mouth, especially after 48-72 hours.