

Dormont Dental
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Extraction Post-Op Instructions

1. Bite down on the gauze for 30 minutes. Change the gauze every 30 minutes or until gauze appears to be light pink or no color at all. If bleeding continues, bite on a moist tea bag to help stop the bleeding.
2. **DO NOT** spit, drink through a straw, smoke or do any heavy lifting/exercising. The “sucking” action can dislodge the blood clot that is needed to form in the socket. If the blood clot comes out, it can be painful and a “dry socket” is formed. Be cautious for a good 2-3 days.
3. You can apply ice to the affected area for 30 minutes and off for 30 minutes.
4. Starting tomorrow, **GENTLY** rinse your mouth with warm salt water several times a day and after meals. Continue to rinse for several days to keep the area clean. When rinsing, **DO NOT** spit the water out, but instead, let the water just drain from your mouth. It will be messy. See direction #2.
5. If given, take pain medication before anesthesia wears off. Repeat as needed every 4-6 hours. Advil/ Ibuprofen is a good pain reliever that can be taken. Avoid aspirin, if possible, since it may make you bleed more.
If given antibiotics, take them ALL no matter how well you may feel.
6. Continue to brush you teeth, but be careful to not poke or disturb the socket. Rinse as described in #4
7. Pink tinted saliva on your pillow is not a problem. You may want to place a towel on your pillow when sleeping.
8. Sometimes during the healing process, a “bony edge” may appear. You may feel a sharpness near the extraction site. The is not part of your tooth, but instead just a bone chip that became loose during the procedure. Eventually this chip will just come out, or it bothersome, call and notify the office. It is similar to a splinter.

