

**Care and expectations following an Extraction**

* If anesthetic was used during your procedure today:
	+ Not only is the tooth numb, but the surrounding soft tissue structures are as well, including lip, tongue, gums, cheeks, etc. Be very careful not to bite or suck on these soft tissues while profoundly numb. Since you are so numb you will not be able to feel how hard you are biting or sucking which can result in serious soft tissue damage.
	+ Your numbness can last for several hours following your procedure, on average about 3-4, however everyone reacts to local anesthetic differently. If you wake up tomorrow morning and still feel numb please contact the office for further evaluation.
	+ As the numbness wears away, your soft tissues may begin to itch or tingle. This is a normal reaction and does not indicate an allergic reaction. It is very important to be careful not to scratch or itch the area because the tissues are still numb and it is possible to do soft tissue damage by scratching or itching too hard without realizing it.
	+ You may want to take a pain reliever (ex: Ibuprofen, Acetaminophen, etc.) prior to the numbness wearing away because the site of the injection may be sore like a bruise. The injection site may actually bruise and some swelling is also a normal occurrence. If you are concerned about any bruising or swelling please contact the office for further evaluation.
* During the first 24 hours our goal is to get a blood clot to form in the extraction site and to minimize your discomfort and swelling.
	+ Keep the gauze pack, that was placed at the conclusion of your appointment, in your mouth with firm biting pressure for **1 hour**.
		- If after the 1 hour the site is still oozing, you can replace the gauze pack with some of the clean gauze provided.
		- The site may ooze for 24 hours, so you may continue to place gauze packs, but be sure to change them at least every hour.
	+ Remember a little bit of blood will mix with your saliva and will look like a lot of blood (like a drop of food coloring in a bowl of water). It is advisable to place an old towel on your pillow case when lying down to minimize the risk of staining.
	+ **Avoid spitting, sucking, straws, smoking, carbonated beverages, hot liquids, try to avoid sneezing or coughing, alcohol, hot or spicy foods, probing the area with your tongue or other instrument and vigorous exercise.**
		- All of these things can either dislodge or keep the clot from forming properly which can result in a dry socket.
	+ You may find that your peak amount of discomfort will arise within the first 12-24 hours
		- Continue taking the pain reliever (ex: ibuprofen, Acetaminophen, etc.) as directed on the bottle.
		- Sleep slightly elevated if throbbing occurs when lying flat.
		- Use an ice pack over the area 20min on 20 min off
	+ For healing to occur properly, nutrition is important
		- Eat soft, cold, nutritious foods
		- Drink lots of fluids (remember nothing too hot, carbonated or that contain alcohol)
	+ Avoid brushing, flossing or rinsing in the area
* **After the first 24 hours** (and the clot has formed), we want to maintain the integrity of the clot until healing can be complete to minimize the risk of the pain associated with a dry socket.
	+ NO SMOKING FOR AT LEAST THE FIRST 72 HOURS FOLLOWING EXTRACTION.
	+ The longer you can avoid other items (spitting, sucking, straws, etc.) that may dislodge the clot the more you will minimize the risk of dry socket.
	+ You may begin to eat normally as soon as it is comfortable but try to avoid gritty foods (ex: nuts, seeds or popcorn) which may get lodged in the surgical site
	+ Resume brushing and flossing – cleaning very gently in the area of the extraction site.
		- It is very important to keep your mouth clean , since accumulation of food or debris may promote infection or slow healing.
	+ You may use moist heat applied to the area to help reduce soreness and swelling 20min on 20min off.
		- Remember some swelling and bruising is expected but typically starts to resolve within the first 72 hours.
	+ You may also help reduce discomfort and swelling by rinsing your mouth out 3 times a day with warm salt water for the week following your extraction.
		- 1 teaspoon of salt per 8oz glass of warm water
* Call the office if:
	+ You notice heavy or increased bleeding
	+ Pain or swelling that gets worse or continues beyond the first 3 days
	+ Foul odor or taste in your mouth
	+ You notice the sensation of liquids going into your nose or cheek area after taking a sip of fluids.
	+ You still feel numb when you wake up the next morning.
* If antibiotics were prescribed:
	+ Make sure that you follow dosing instructions exactly
	+ You finish all of the antibiotic medication
	+ Try to eat something before taking the medication to help minimize possible upset stomach.

If you think you are having an adverse reaction- stop taking the medication and contact the office