

Dental Extraction – Pre-Op and Post-Op Instructions

For Patients Undergoing Tooth Removal (Simple or Surgical)

Pre-Operative Instructions (Before Your Extraction)

Please follow these guidelines to prepare for your dental extraction:

1. Medical History Update

- Inform us of any changes in your health, recent illnesses, or medications.
- Let us know if you take blood thinners, have a heart condition, or a history of joint replacement.
- Take antibiotics or premedications **only if prescribed**.

2. Eating and Drinking

- Eat a light meal 1–2 hours before your appointment.
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Post-Operative Instructions (After Tooth Extraction)

Follow these instructions carefully to promote healing and prevent complications like **dry socket**:

First 24 Hours

DO:

- **Bite firmly** on gauze for 30–60 minutes or until the bleeding stops. Replace only if still bleeding.
- **Rest** and avoid strenuous activity.
- **Use ice packs** on the outside of the face (20 minutes on, 20 minutes off) for the first 24 hours to reduce swelling.
- Take prescribed or over-the-counter pain medications as directed.
- **Eat soft foods** (e.g., yogurt, mashed potatoes, smoothies, scrambled eggs).

DO NOT:

- **Do not rinse, spit, or suck through a straw** for 24 hours – this can dislodge the clot and cause dry socket.
- **Do not smoke or vape** for at least **72 hours** – this greatly increases the risk of dry socket.

- **Avoid hot, spicy, hard, or crunchy foods.**
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Oral Hygiene

- Continue brushing your other teeth gently.
 - Avoid the surgical site for the first 24 hours.
 - After 24 hours, gently **rinse with warm salt water** (1 tsp salt in 8 oz water) 2–3 times daily, especially after meals.
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Pain and Swelling

- Some swelling, bruising, and discomfort is normal and may peak around 48–72 hours.
 - Use prescribed pain meds or ibuprofen/acetaminophen as needed.
 - Call us if pain worsens after 4-5 days or doesn't improve.
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Bleeding

- Minor oozing is normal for the first 24 hours.
 - If bleeding persists, place clean gauze or a damp tea bag over the area and bite down for 30 minutes.
 - Keep head elevated and avoid lying flat.
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Call Us Immediately If You Experience:

- Heavy or uncontrolled bleeding
 - Fever, chills, or signs of infection
 - Severe swelling or facial pain after 3 days
 - Pus or foul taste in the mouth
 - Difficulty swallowing or breathing
 - Numbness that lasts beyond 24 hours
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Follow-Up

- Attend your follow-up appointment if scheduled.
- If stitches were placed, ask if they are dissolvable or if removal is needed.