



Lakes Region Dental Center
6 Center Street
Oakland, Maine 04963
207-465-7300

Post Care for Tooth Extraction

After you have a tooth extracted it is important to follow post care instructions to alleviate pain, swelling and prevent complications.

Numbness after extraction:

- You will be numb for several hours after the extraction.
- Be careful to avoid biting your lip, cheek, or other areas while you are numb.

Bleeding after extraction:

- We will place gauze over the extraction site before you leave, you need to continue to bite and apply **firm** pressure for **45 minutes** to help form a blood clot.
- We will give you extra gauze to replace as needed.
- If there is oozing after gauze is removed you can try biting on a moist tea bag, or moist gauze with firm pressure until it stops. Small amounts of blood are normal but if heavy bleeding continues please contact us ASAP.

Maintaining the blood clot:

- A blood clot is essential in the extraction site for healing.
- Losing the blood clot is called dry socket and can be painful and slow the healing process. Call us if this happens.
- For the first **24 hours: NO** smoking, straws, sucking on hard candies/mints, hot liquids.
- Try and eat a soft nutritious diet.
- Avoid tooth brushing or flossing the extraction area for the rest of the day aggressively.

Managing swelling and pain:

- After an extraction you may experience swelling or pain.
- For the first day you can minimize swelling with an ice compress 20 minutes on, 20 minutes off.
- After 24 hours you can gentle swish with a saline solution of ½ tsp table salt in warm water several times a day and after eating.
- If you need over the counter pain medications: Ibuprofen 800 mg 3 times a day alternating with Tylenol 325 mg 3 times a day.
- If taking a narcotic (Vicodin) **do not** take Tylenol.

Please contact us if you have any concerns, and immediately if having increase in bleeding, swelling, or pain: at the office (207) 465-7300 or after hours (207) 624-1648