



## **TOOTH EXTRACTION HOME CARE**

Home care is important after a tooth extraction and recovery may be delayed if this is neglected. Some swelling, stiffness and discomfort are to be expected. If this is excessive, please call or return to the office for care.

### **SWELLING**

Some swelling is inevitable, but we can try to keep it to a minimum. Ice packs may be used by applying them to the region of surgery for 30 minutes per hour for the first 6-8 hours.

### **BLEEDING**

Keep gauze in place 30 minutes with constant, firm pressure. Keep head elevated and rest quietly. Do not suck or spit excessively. If bleeding persists, repeat the constant pressure. Some oozing and discoloration of saliva is normal. At night, you might want to put a towel over your pillow because of this oozing. An upset stomach is not uncommon if some blood is swallowed.

### **PAIN**

Most pain occurs during the first two days and can be alleviated by taking prescribed tablets if given. Over the counter pain medication are also very effective to control pain. Children's Tylenol, Children's Advil and Children's Motrin.

### **DIET**

Make sure you drink plenty of liquids, but avoid sucking through a straw. Soft foods are usually best, but you can eat whatever you think you can handle. Do not skip meals. Also, if you are a smoker, avoid smoking for 24 hours.

If you have any questions, please contact us at (435) 673-3490.