



Bay Mills Dental Clinic

### **Simple procedures to follow after a tooth extraction:**

Proper care of the mouth following most dental surgical procedures can reduce complication and speed the healing of the surgical area.

- Protection of blood clot: maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area, or by biting on a tea bag which has been moistened and wrapped in a piece of gauze. Keep steady firm pressure for 45 minutes. Repeat twice. If no improvement, please contact the dental clinic to be seen.
- Do not rinse or use a mouthwash for at least 24 hours. After 24 hours, rinse with warm salt water (1/2 tsp table salt in 8 oz glass of warm water) before and after each meal for 3-7 days is recommended. The use of commercial mouthwashes during the healing period is not encouraged.
- Discomfort: following dental surgery it is normal to experience some discomfort. If medication has been given or prescribed, take as instructed.
- Avoid all excessive physical activity, don't pick at the surgical area, don't consume liquids thru a straw, avoid alcoholic beverages
- Don't smoke for at least 24 hours this will promote adequate healing and reduce the chance of dry socket ( which is more painful than a toothache).
- Do not spit or drink through a straw for 24 hours. These things will create a vacuum within the mouth and pull the clot out of the socket and thus cause bleeding.
- You may consume food/beverage after the extraction but try to utilize unaffected areas of the mouth. Remember, common sense is appropriate for choosing food/beverage types.
- Sutures: Follow up with us in 7-10 days if sutures were placed.
- If no prescription was provide to you after the extraction, then the procedure was simple and post-operative complication and pain expected to be minimal. Over the counter pain relievers should control any post-op discomfort.
- If you have any questions, please call the Dental Clinic at ( 906 ) 248-5578

Other

Instructions: \_\_\_\_\_

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