

Post Op Instructions: Home Care Following the Extraction (Removal) of a Tooth

- For the next two weeks (14 days), **DO NOT** under any circumstances, **rinse** your mouth
 - The initial healing period usually takes one to two weeks, and you'll likely experience some swelling for the first 24 hours.
 - Before the procedure began, you were given an anaesthetic to ensure your comfort. This anaesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should **avoid chewing for two hours following surgery, or until the numbness has completely worn off.**
 - Some discomfort after the extraction is normal. An over-the-counter pain reliever, such as ibuprofen or acetaminophen, is usually sufficient. **No Disprin or Grandpa(aspirin).** We can also give you a prescription for a stronger pain reliever, if needed.
 - To avoid nausea, do not take pain medication on an empty stomach,
 - You can also decrease pain and swelling by applying an ice pack - 20 minutes on, 20 minutes off - for the first six hours following the extraction.
 - A blood clot will form on the extraction site,** and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously. **PLEASE NO RINSING.** No alcohol consumptions 2 weeks from extraction date
- If bleeding begins take a normal black tea bag (not rooibos) wet and bite on the area for 30min.**
- Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.
 - Smoking, or allowing food particles to pack into the tooth's socket, should be avoided, as both will significantly affect the healing process. Please **NO RINSING**
 - If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
 - Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
 - Once the numbness has worn off, you should eat, as nourishment is important to the healing process. Limit your diet to soft foods like yogurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.
 - Drink at least eight large glasses of water or fruit juice each day.

•Keep your head elevated with pillows to control bleeding. We will give you a supply of gauze sponges to place over the bleeding area. Change the pad as necessary and use them until the bleeding stops completely. You can also bite gently but firmly on a moist tea bag for 20 minutes. Be sure to call our office if bleeding persists or increases.

Be sure to brush and floss the other areas of your mouth as you would normally. Brush your teeth with care try avoid tooth for 12hrs and try not brush near site for 3-4days. **NO RINSING FOR 14 DAYS.**

One can eat ice cream to ease the swelling.

May feel that the tooth next door is sensitive, but this should normalise in a week to two

The space left by the tooth will feel a bit strange to you at first. Eventually, new bone and gum tissue will grow into the gap left by the extraction.

Under no circumstances may Disprin or Grandpa(aspirin) be taken up to 7 days following the extraction.

Take it easy for 2-3 days



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- **For the next two weeks please DO NOT RINSE your mouth**

- The initial healing period usually takes one to two weeks, and you will likely experience some swelling for the first 24 hours.
- Before the procedure began, you were given an anaesthetic to ensure your comfort. This anaesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should **avoid chewing for two hours following surgery, or until the numbness has completely worn off.**
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- To avoid nausea, do not take pain medication on an empty stomach,
- You can also decrease pain and swelling by applying an ice pack - 20 minutes on, 20 minutes off - for the first six hours following the extraction.
- **A blood clot will form on the extraction site**, and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously. **REMEMBER, NO RINSING.** No alcohol consumptions 2 weeks from extraction date
- **If bleeding begins take a normal tea bag (not rooibos) wet and bite lightly on the area for 30min.**
- Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.
- Smoking or allowing food particles to pack into the tooth's socket, should be avoided, as both will significantly affect the healing process. **REMEMBER, NO RINSING.**
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- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
- Once the numbness has worn off, you should eat, as nourishment is important to the healing process. Limit your diet to soft foods like yogurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.
- Drink at least eight large glasses of water daily.
- Keep your head elevated with pillows to control bleeding. We will give you a supply of gauze sponges to place over the bleeding area. Change the pad as necessary and use them until the bleeding stops completely. You can also bite gently but firmly on a moist tea bag for 20 minutes. Be sure to call our office if bleeding persists or increases.
- Be sure to brush and floss the other areas of your mouth as you would normally. Brush your teeth with care try avoiding tooth for 12hrs and try not brush near site for 3-4days. **REMEMBER, PLEASE NO RINSING FOR 14 DAYS.**
- **Ice Cream, or something cold helps with the swelling.**
- **May feel that tooth next door is sensitive this should normalise in a week to two**
- The space left by the tooth will feel a bit strange to you at first. Eventually, new bone and gum tissue will grow into the gap left by the extraction.
- Take it easy for 2-3 days
- **If you are unsure about anything you are welcome to give us a call.**



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