

## **Holly Chamberlain D.D.S.**

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### **Healing Instructions after Tooth Removal**

The removal of a tooth is a form of minor surgery. The following information will reduce the risk of complication and promote healing.

#### **Bleeding**

A gauze pack has been placed in your mouth over the extraction area. Hold the gauze or cotton roll in place with continuous but gentle pressure until bleeding has stopped approximately 30-45 minutes.

If bleeding has not stopped, then moisten extra gauze you received and place it over the extraction area as before, for another 15 minutes.

Alternatively, if bleeding continues, place a moist Lipton Tea bag over the extraction area and bite with continuous and gentle pressure. Tannic acid in the tea will help form a new blood clot.

#### **The First Day**

- Do not rinse your mouth.
- Do not create a suction in your mouth; ie: avoid drinking thru a straw.
- Do not smoke. If you smoke you will get a painful dry socket.
- Avoid strong physical exertion for 24hrs.
- Nutrition is important. Eat soft foods or soup the first day.
- Do not take aspirin.
- Do not take pain medication on an empty stomach.

#### **After 24 Hours**

- Rinse with salt water to remove food partials from the extraction site.
- Mix 1 tsp. salt to 8oz water. Gently swish 1 mouthful, after every meal and snack, for 2 weeks.

#### **Call the Office If:**

- Bleeding persists
- Swelling increases or persists after several days.
- Fever
- Uncontrollable pain

#### **For Your Child**

Often, children do not understand about anesthetic and numbness in their mouth. They do not realize that while they can bite their lip NOW without feeling anything, when it does return to normal feeling, all of the sudden they now have a big bite mark and a swollen area that hurts.

Please monitor your child. No poking, pinching, or biting the area until numbness is gone. Having them bite on a cotton roll on the NON-Numb side will help keep them from biting.