

## Home Care Instructions After Tooth Extractions

### **Gauze Pads**

Bite Down on the surgical gauze pad for ½ hour. Keep the same gauze pad in for this length of time. Changing it too often can dislodge the blood clot and make the bleeding worse.

### **Swelling**

We stress the importance of using ice after treatment. The ice will do 3 things: help aid in reducing any discomfort, minimize swelling, and decrease the bleeding. The ice pack is to be applied to the outside of the face, 20 minutes on and 20 minutes off while awake. It is normal to have some post op swelling after this procedure. Swelling does reach its peak after 48 hours; the frequent use of the ice pack will minimize the amount of your swelling. Keeping the head elevated also helps to minimize swelling and bleeding.

### **Diet**

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

### **Comfort**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, one or two Tylenol or Extra Strength Tylenol may be taken. Tylenol may be taken every three to four hours. Ibuprofen (Advil, Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets: Two to three tablets may be taken every three to four hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.

### **Oral Hygiene**

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best as you can. Rinse with warm salt water (one teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is completed.

**REMEMBER:** A clean wound heals better and faster.

### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

**If you have any questions or concerns, please call us at (504) 366-3052. After office hours, you can call us at (504) 475-8403 or email us at [info@geauxsmiles.com](mailto:info@geauxsmiles.com).**