



After Treatment Instructions: Extractions

1. **Bleeding:** Following the extraction, a gauze pad will be placed over the tooth socket and you will be instructed to keep your jaws closed for one hour. At the end of that time period, the gauze pad should be removed carefully and a normal clot should fill the socket. Avoid disturbing this clot by feeling it with your tongue, sucking at it, drinking through a straw, or spitting, as these actions may cause bleeding to resume. Avoid smoking for 24 hours, as this will also promote bleeding and interfere with healing. Some oozing of blood over a number of hours following extraction is not uncommon. If excessive bleeding persists, place another folded gauze pad over the socket and bite to provide moderate pressure for another hour. It may be necessary to repeat this process three or four times. Rest in a sitting position and avoid unnecessary physical activity during this time. Should excessive bleeding or pain continue after following these instructions (please call the numbers on bottom of page).
2. **Swelling:** Ice needs to be applied on the area for 20 minutes on and 20 minutes off for the first few hours after procedures if swelling worsens or you have difficulty breathing, swallowing or swelling around the eye, please call us or go to the nearest emergency room.
3. **Pain:** If your doctor has prescribed antibiotics or pain medication following the extraction, use as directed. Otherwise, you may take what you normally use for a headache and take as directed. Some discomfort should be anticipated, but moderate to severe pain persisting following extraction may indicate poor healing. If you experience discomfort that you cannot control with pain medication or a fever (please call the numbers on the bottom page)
4. **Cleaning:** Do not rinse, spit, and suck from a straw, do not smoke or drink alcohol after your extraction for at least the first 24 to 48 hours. These actions may dislodge and will not let the blood clot form. Do not rinse with mouthwash until after your follow-up appointment. Starting tomorrow, you may rinse with a mixture of 6 oz. warm water with $\frac{1}{4}$ teaspoon of salt. Do this every other meal. Starting the day after your extractions you may brush your teeth, avoiding the extraction area. You may use a washcloth to clean the teeth adjacent to the extraction site.
5. **Eating:** Do not eat or drink anything while you are numb. Stick to soft foods for the first day i.e. Jell-O, pudding, yogurt, fruit, cheese, ice cream, and ice pops.

EMERGENCY CONTACT: Oral Surgery Resident On Call, After 5 PM: 215-898-7337

Penn Dental Family Practice: *Two Convenient Locations, One Easy Phone Number!*

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