

Mt. Pleasant Family Dental

Patient Instructions After Extractions

To ensure your comfort and safety after tooth extractions, please follow these at-home guidelines, and be sure to call if you have any questions or concerns. We are here to assist you in your recovery.

To minimize swelling and pain, apply cold packs to your face for the first 8 hours. As a general rule, use for 15 minutes and then remove for 15 minutes. Repeat cold pack application for 15 minutes each hour and after the first 8 hours.

Gently rinse your mouth the morning after surgery with warm salt water and repeat several times during the day. (Mix ½ teaspoon of salt with an 8-oz. glass of warm water.)

Blood in saliva is likely for the first few days. If you experience excessive bleeding, place moist gauze over the site and hold your bite position for 30 minutes. If bleeding continues, please call our office immediately at 903-345-6065.

Avoid touching the tooth socket with tongue or fingers. To avoid a dry socket infection, during healing, it is very important to refrain from **SMOKING, DRINKING FROM A STRAW, or VIGOROUS RINSING.**

Take your prescribed medicine as instructed. Follow instructions on the label. Eat a liquid or very soft diet for the first 24-48 hours and drink plenty of fluids.

Call Us with Any Concerns or Problems at 903-345-6065.

Patient signature: _____ Date: _____

