

POST-EXTRACTION INSTRUCTIONS

1. Bleeding Control

- Bite firmly on the gauze for 30–45 minutes to help stop bleeding.
- A small amount of oozing is normal for the first 24 hours.
- If bleeding increases, place a damp tea bag over the site and bite down for another 30 minutes.

2. Pain Management

- Take the recommended pain medication as directed.
- Start medication before the numbness wears off for better comfort.
- Avoid aspirin unless instructed, as it may increase bleeding.

3. Swelling Reduction

- Apply an ice pack to the cheek in 15 minutes on / 15 minutes off intervals for the first 24 hours.
- Swelling typically peaks at 48–72 hours.

4. Eating & Drinking

- Stick to soft, cool foods for the first day (yogurt, smoothies, soup, mashed potatoes).
- Avoid hot foods, spicy foods, alcohol, and carbonated drinks for 24 hours.
- Do not use straws for 3–5 days to prevent dislodging the blood clot.

5. Oral Hygiene

- Do not rinse your mouth for the first 24 hours.
- After 24 hours, gently rinse with warm salt water 3–4 times daily.
- Brush your teeth carefully, avoiding the extraction site.

6. Activity

- Avoid heavy lifting, bending, or strenuous exercise for 48–72 hours.
- Rest with your head elevated to minimize swelling.

7. Smoking & Vaping

- Avoid smoking or vaping for at least 72 hours.
- These activities significantly increase the risk of dry sockets (sever pain)

8. Stitches

- If you have dissolvable stitches, they will fall out on their own in 5–10 days.
- If you have non-dissolvable stitches, return for removal as scheduled.

9. When to Call the Office

Contact us if you experience:

- Severe pain that worsens after day 3
- Persistent bleeding doesn't slow with pressure
- Fever, chills, or foul taste/odor
- Swelling that continues to increase after 72 hours

Contact Information

during working hours at 613-440-9000

or after working hours email us at info@fallowfielddental.com