



Recovering After Your Tooth Extraction

Please keep this guide nearby during your recovery.

TODAY: YOUR FIRST 24 HOURS

- ☐ Bite firmly on gauze for 1 hour
- ☐ Replace the gauze every hour as needed
- ☐ Use ice for 20 minutes on and 20 minutes off
- ☐ Rest with your head elevated
- ☐ Drink plenty of fluids
- ☐ Begin your medications as directed

BLEEDING

A small amount of bleeding and oozing is normal for the first 24 hours

If bleeding continues:

- *Replace the gauze
- *Bite firmly for 1 hour
- *Repeat as needed

SWELLING

Swelling is normal after surgery and usually reaches its maximum 3-4 days after your procedure

To help reduce swelling:

- *Use ice 20 minutes on and 20 minutes off for the first 72 hours
- *Keep your head elevated while resting
- *Beginning on Day 4, you may switch to heat



EATING & DRINKING

Eating and drinking the right foods can help keep you comfortable and support healing

Recommended Foods:

Soft Foods
Yogurt
Scrambled Eggs
Mashed Potatoes
Pasta
Applesauce
Pancakes
Ice Cream
Jello

Foods to Avoid:

Chips
Nuts
Seeds
Popcorn



MEDICATIONS

Take all medications exactly as prescribed. If you have any questions about your medications, please contact our office.

Pain Medication:

Tylenol (Acetaminophen): 325mg-500mg

Ibuprofen: 800mg (If tolerated)

For most patients, we recommend taking ibuprofen and Tylenol together for the best pain control, unless you have been instructed not to take ibuprofen or cannot tolerate it.

Norco (Hydrocodone/Acetaminophen)

If you need to take Norco, **replace your Tylenol dose with Norco**. Continue taking Ibuprofen as directed unless you have been instructed not to.

Antibiotics:

If you were prescribed an antibiotic, take as directed and finish the entire prescription.



ORAL HYGIENE

Keeping your mouth clean is one of the most important things you can do to promote healing and reduce the risk of infection.

First 24 Hours

- *Do not rinse
- *Do not brush

Beginning Tomorrow

- *Begin warm salt water rinses
- *Resume brushing (Avoid whitening toothpaste and toothpaste containing peroxide or baking soda)

Beginning Day 5

- *Begin using the curve tip syringe, filling it with alcohol based mouth rinse (Listerine or Scope)
- *Irrigate the extraction sites 4 times per day, especially after meals, to help remove food debris and promote healing

Beginning Day 7

- *Dip your toothbrush in alcohol-based mouth rinse (Listerine or Scope) and start scrubbing the extraction sites (Minor bleeding and discomfort are expected)



Common Questions About Healing

Is the white tissue normal?

Yes! White or yellow tissue over the extraction site is a normal part of healing.

Why is the extraction site bleeding again?

Minor bleeding may occur when brushing or irrigating the extraction site. This is expected.

Food keeps getting trapped in the extraction site.

This is normal. Continue irrigating the extraction site after meals to help remove food debris.



WHEN TO CALL OUR OFFICE

Normal Healing:

- ✓ Mild bleeding
- ✓ Swelling
- ✓ Bruising
- ✓ Jaw stiffness

CALL OUR OFFICE IF...

- ! Heavy bleeding
- ! Fever over 101°F
- ! Difficulty breathing or swallowing
- ! Medication reaction

If you have any questions about your recovery, we would rather hear from you than have you worry at home. Please don't hesitate to call our office.

Office: (574) 289-0080

After-Hours Emergency: Follow the prompts to reach Dr. Tate