

Drum Hill Dental Care, P.C.
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General and Family Dentistry
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Post-Treatment Instructions

following

Tooth Extraction

After an extraction, you should place a moistened gauze pad over the extraction site to help stop bleeding. Bite down on the pad firmly, and change a fresh pad every 30 minutes if necessary.

In order to allow a clot to form, you should avoid the following in the first 24 hours:

- Rinsing
- Sucking on a straw
- Smoking
- Spitting forcefully
- Touching the socket with your finger or tongue
- Strenuous activities that may raise your blood pressure

To relieve pain and swelling, place an ice bag or cold compress on the cheek for 15-minute intervals. After the first 24 hours, you can rinse gently with warm salt water (one teaspoon of salt to a glass of lukewarm water) three to four times a day.

Painkiller, antibiotics and other medication should be taken as instructed. Even if the discomfort has subsided, you should complete the prescribed medication.

Eat a soft or liquid diet for the first 24 hours. Drink plenty of fluid and refrain from any alcoholic beverage.

It is important to resume regular brushing and flossing. Be extra careful when cleaning the areas near the extraction site.

If you experience any of the following, please contact our office:

- Prolonged, heavy bleeding
- Intense pain
- Persistent swelling

Please contact our office if you have questions or concerns about your oral health care.
The above information is provided to you for reference purpose only, and should not be used as a substitute for consultation with a dental and/or medical professional.