

# **HIGHLAND DENTAL**

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## **Things to Do After a Tooth Removal**

1. Do not smoke. Smoking slows healing and increases the risk of dry sockets.
2. Do not spit or rinse vigorously. Do not drink through a straw or drink carbonated beverages (this creates suction in the mouth and will promote bleeding.)
3. Avoid strenuous activities.
4. After 24 hours you may rinse a few times per day with a mixture of 1 teaspoon of salt and 1 pint of warm water.
5. Consume liquids and soft foods.
6. Some bleeding is normal. If it occurs, place folded gauze over the area and bite gently for 20 minutes. For more persistent bleeding, you may bite a moist tea bag for 20 minutes.
7. Ice may be applied to the area for two hours after the extraction. Rotate 20 minutes on and 20 minutes off.
8. Prolonged bleeding, severe swelling that impairs breathing, fever, or prolonged severe pain should be reported to the office. Emergency numbers are available around the clock by calling our office.
9. Pain medications should never be taken before or during the operation of any vehicle or equipment and they should be taken as directed.
10. If antibiotics are prescribed, they must also be taken as directed.
11. If a rash or other adverse reaction occurs, stop taking the medication and report the symptoms to the office.
12. If numbness is present for 24 hours, please contact the office.

Please to contact the office or website if you have any questions or concerns immediately.