

Post-Operative Instructions: Dental Extractions

Please follow these instructions carefully to promote proper healing and prevent complications.

First Hour After Extraction

- Bite firmly on the damp gauze placed over the extraction site for 30–60 minutes.
- If bleeding continues, replace with clean gauze and apply firm pressure for another 30 min.
- Slight oozing is normal for the first 24 hours.

Managing Bleeding

- A small amount of pink saliva is normal.
- If bleeding seems excessive:
 - Place clean gauze or a damp tea bag over the site.
 - Bite firmly for 30 minutes.
 - Remain upright and calm.
- If heavy bleeding persists, contact our office.

Swelling & Discomfort

- Apply an ice pack to the outside of the face for 20 minutes on, 20 minutes off during the first 24 hours.
- Take prescribed or recommended pain medication as directed.
- Mild swelling, tenderness, and jaw stiffness are normal for a few days.

Do NOT for 24–48 Hours

- Do not spit forcefully.
- Do not use straws.
- Do not smoke or vape.
- Do not rinse vigorously.
- Avoid strenuous activity.

These actions can dislodge the blood clot and cause dry socket.

Eating & Drinking

- Stick to soft foods for the first few days (yogurt, eggs, mashed potatoes, soup, smoothies without a straw).
- Avoid hot, spicy, crunchy, or hard foods.
- Stay hydrated with water.

Oral Hygiene

- Do not brush directly over the extraction site the first day.
- Resume gentle brushing the next day.
- After 24 hours, gently rinse with warm salt water (½ teaspoon salt in 8 oz warm water) 2–3 times daily.

Signs to Call Our Office

- Severe pain that worsens after the first 3 days
- Heavy bleeding that won't stop
- Fever over 101°F
- Increasing swelling after 3 days
- Foul taste or odor from the site

If you have questions, please call King & Miles Family Dentistry at 812-473-1128.

Your comfort and healing are important to us. Thank you for trusting us with your care.