



### **Post-Operative Instructions following a Tooth Extraction**

- ◆ The extraction site may ooze small amounts of blood for a few days, and slight bleeding may also occur if the area has been disturbed by tooth brushing or eating. A damp tea bag held over the extraction site for several minutes will usually subdue this type of bleeding significantly. If you feel you are having excessive bleeding and the tea bag is not effective within 10-20 minutes, please call our office.
- ◆ Avoid anything that might prevent normal healing. It is usually best not to smoke or rinse your mouth vigorously or drink through a straw for 24 hours.
- ◆ After 24 hours, warm salt water rinses 2-3 times per day may help ease discomfort (1 tsp. salt to 1 cup water). Do not "swish"; just roll the salt water gently around your mouth.
- ◆ For the first few days, apply a cold cloth or an ice bag for pain or swelling. Gently clean the teeth next to the tooth socket, and brush and floss the other teeth as usual.
- ◆ Refrain from exercise or other vigorous physical activity for 3-5 days following the surgery. These activities could dislodge the clot in the extraction site and delay healing.
- ◆ The complexity of the extraction will relate directly to the amount of post-surgical discomfort and its persistence. Pain medication prescribed should be effective in managing any discomfort.
- ◆ **Please call our office if you experience increasing discomfort after three to five days. This may be a sign of a post-operative complication, such as a dry socket.**

#### **Your Comfort is Our Number One Concern**

*Please do not hesitate to call us with any questions you may have.*

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