

# Tooronga Family Dentistry

We are serious about making you smile

## Instructions after tooth removal.

After an extraction, it's important for a blood clot to form, to stop the bleeding and begin the healing process. That's why we will ask you to bite on a gauze pad for 30 to 45 minutes after an extraction. After the blood clot forms, it's important to protect it, especially for the next 24 hours. It's important not to:

- smoke
- suck through a straw
- rinse your mouth vigorously
- clean the teeth next to the extraction site
- drink alcoholic beverages.
- eat hot and spicy foods.

These activities could dislodge the clot and slow down healing.

Limit yourself to calm activities for the first 24 hours. Eat only soft, nutritious foods on the day of the extraction. This keeps your blood pressure lower, reduces bleeding, and helps the healing process. You can use an ice bag (15 minutes on, 15 minutes off) to keep the inflammation to a minimum.

To control discomfort, take pain medication as recommended. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

You can begin eating normally the next day or, if not by then, as soon as it's comfortable. Gently rinse your mouth with warm salt water three times a day (put a teaspoon of salt in a cup of warm water, and then gently rinse, swish, and spit). Also, rinse gently after meals. This helps keep food out of the extraction site.

It's very important to resume your normal dental hygiene after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will speed healing and help keep your breath and mouth fresh.

Call us right away if you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to the medication. After a few days, you'll be feeling fine and can resume your normal activities.

On the day of the extraction if bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times. If the bleeding continues for more than 2 hours please call us. If we are not available please contact your doctor or the nearest hospital.

If you have any further questions, please don't hesitate to contact us.

For emergencies 0450067475 During business hours: 03-98227006

Email: [toorongadentistry@gmail.com](mailto:toorongadentistry@gmail.com)

Suite 1.02, 1 Crescent Rd., Glen Iris 3146, Victoria