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Instructions Following Tooth Extraction

1. After a tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That is why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If some bleeding continues, apply a moistened tea bag, covered with a gauze pad and compress the area firmly for 30 minutes. Do not take it out to check it during this time. Also, remain sitting or standing, do not lay down. You may have to repeat this several times. If bleeding does not stop please call our office.
2. After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, spit, suck on straws, smoke, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and slow down the healing process.
3. Avoid physical exertion this week, especially during the first 2 days, since this will increase blood pressure and may cause more bleeding from the extraction site.
4. When anesthesia wears off, you may experience slight discomfort, readily controlled with Ibuprofen or Tylenol. If more moderate discomfort is anticipated, a prescription will be given, please take as directed. Start pain relievers before your anesthesia wears off and continue taking the medication only as necessary to prevent discomfort.
5. If antibiotics have been prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection appear to be gone. If you are currently taking oral contraceptive medication please beware that any antibiotics taken can interfere with the birth control for one full cycle.
6. Swelling may occur after the procedure. Placing an ice-pack on the outside of your face adjacent to the treated area can minimize swelling. Alternating 20 minutes on and 20 minutes off starting the day of surgery is recommended. Stop icing 24 hours after the surgery. At the end of this time, if there is any swelling, hot compresses will help reduce it faster.
7. Do not brush or floss the area of the surgery, but maintain optimal oral hygiene in the rest of your mouth.
8. A well-balanced diet is necessary during healing. This should consist of liquids and soft foods. Please see the reverse side for examples of recommended food.
9. Call the office if you experience extreme pain, bleeding or swelling, or if you have any further questions.

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Suggested Foods Following Tooth Extraction

It is very important during the healing process to continue a protein-rich, highly nutritious diet and to eat regularly. Eating soft foods will prevent accidental breakage of the dressing or tearing sutures. Try to eat on the opposite side of the mouth from the surgery.

Below is listed some examples of soft foods to eat during the first week after surgery. Similar foods may be eaten as long as little chewing is required and they provide a well-balanced diet.

Cooked cereal: oat meal, cream of wheat, etc.

Eggs: scrambled, soft boiled, egg salad, omelets, etc.

Juices: orange, apple, tomato, etc.

Soups: vegetable, chicken, onion, etc.

Bread

Cooked fruit: any kind of canned fruit

Applesauce

Frappes (may add egg, peanut butter, bananas, etc.)

Puddings: tapioca, chocolate, vanilla, etc.

Cottage cheese, ricotta cheese

Tofu

Custards

Yogurt

Milk

Eggnog

Coffee

Tea

Cooked vegetables: mashed potatoes, squash, peas, carrots, etc.

Pasta

Macaroni and cheese

Chicken (finely chopped)

Hamburger (finely chopped)

Baked fish

Any other meats and vegetables can be eaten if they can be put through a blender, food processor, or mashed to prepare soft consistency.