

“Your Downtown McKinney Dentist!”

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CARE INSTRUCTIONS AFTER AN EXTRACTION

We want your body to form a clot in the extraction site, and the less we do to disturb the clot the better the chance of normal healing.

Patients experience two type of discomfort; dull ache pain that comes from working around bone, and sharp discomfort that comes from skin. These are normal sensations, it is your bodies way of telling you to be careful.

Keep the gauze in place for approximately 1/2 hour. After the first half hour the gauze may be changed by taking a gauze 2X2 (provided) folding it over, moistening it with tap water, and applying it over the affected area. Hold firmly in place for another 1/2 hour. For excessive bleeding, moisten a tea bag and apply to the affected area. If excessive bleeding persists call the office.

DO NOT SMOKE for 24 hours (or as long as you can). Do not suck on a straw to drink fluids. The suction action will cause you to lose the clot, and interrupt the healing process.

Do not rinse you mouth until the following morning. In the morning rinse the mouth GENTLY using a glass of warm salt water (1/2 tsp. of salt to a glass of water). Repeat as needed.

In the event that you have no discomfort after the first few days, then you notice pain or discomfort from the extraction site, call the office you may be developing a dry socket.

Follow your natural inclination as to diet, but for your comfort soft foods are recommended for the first 24 hours.

For the relief of pain take the medications prescribed.

If no medications were prescribed you may take, if not allergic, over the counter adult doses of Advil, or Tylenol.

Please call our office if you have any questions, at 972-638-5848.