

Post-Extraction Care Instructions

1) What's Normal (Local Anesthesia)

Numbness from the anesthetic injection usually wears off within a few hours. Mild tenderness, swelling, or bruising near the injection site may occur.

In rare cases, prolonged numbness can occur. Please contact our office if numbness does not wear off within 48 hours of surgery.

2) Diet

After the initial 24 hours, maintain a soft diet for 2–3 days (for example: soups, scrambled eggs, mashed potatoes, soft chicken, soft fish). Then gradually progress to solid foods again as tolerated.

Avoid foods that can get trapped in the extraction site, such as popcorn, nuts, sunflower seeds, or rice.

If you are diabetic, maintain your normal diet as much as possible and follow Doctor's instructions regarding your insulin schedule.

3) First 24 Hours (Bleeding & Swelling Precautions)

After an extraction, it is crucial that a blood clot forms where the tooth was removed. Protecting that clot helps prevent a painful condition called dry socket.

For the first 24 hours, do **NOT**:

- Rinse, spit, or suck through a straw (suction can pull out the clot)
- Drink alcohol or use mouth rinses containing alcohol (these can dissolve the clot)
- Exercise or do any heavy lifting (this can cause the clot to be pushed out).

Do **NOT** smoke for 5 days after extraction. Nicotine can prevent tissue growth from occurring and increase the risk of dry socket.

Swelling may occur. Use ice packs in 15 minute intervals for the first 6 hours to reduce swelling.

To prevent or slow excessive bleeding: Bite with light pressure on the gauze placed over the extraction site. Change gauze every 15 minutes (or as needed) for up to 90 minutes after leaving the office. Wet the gauze first and squeeze out excess water before placing it over the extraction site.

4) Suture Care

If sutures (stitches) were placed, they typically dissolve on their own after a couple days. If the sutures partially dissolve and are moving around excessively because they are no longer tied down, you may gently grab a loose end and remove them.

5) Pain Management

Some degree of discomfort and/or tenderness for a few days is normal and is no cause for alarm. If medications to control pain and prevent infection were prescribed, please take all medications exactly as recommended by your Doctor.

We recommend you start taking pain medication before the numbness wears off and continue it as prescribed.

Discomfort may be alleviated by taking Aleve, ibuprofen (Advil), aspirin, or acetaminophen (Tylenol) as directed. 600mg of Ibuprofen along with 500mg of Tylenol every 6 hours for 2 days or as needed.

6) When to Call Us

Please call our office (919) 489-2793 if you have any questions or difficulties.

If you feel that your symptoms warrant a physician and you are unable to reach Dr. Campbell, please go to the closest hospital emergency room immediately.

Thank you for allowing us to be part of your dental care. We are here to help so please don't hesitate to contact us if you have any questions or concerns.