



MICHAEL D. SOCK, DMD, MD, FACS

AFTER TOOTH EXTRACTION

Following tooth extraction, we will ask you to bite down on a gauze pad for 30 to 45 minutes, which helps a blood clot form. If bleeding persists, discard the gauze pad, replace it with a clean gauze pad, and repeat this process. You may need to do this multiple times to get a clot to form.

Following the formation of a blood clot, it is essential not to disturb it. Avoid vigorous rinsing, spitting, or forcefully using a straw for at least 72 hours. Be gentle when brushing near the extraction site, and limit exercise or strenuous physical activity for 24 hours.

You can expect pain and swelling for the first 48-72 hours. You can manage these symptoms with ice packs and pain medications recommended or prescribed by your surgeon.

On the extraction day, drink plenty of fluids and stick to soft foods. Advance to a more normal diet as soon as you feel able to do so.

Within 24 hours, resume your everyday oral hygiene habits, including brushing and flossing.

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