

Instructions Following Extractions

You have just had the extraction of one or more teeth. Healing after an extraction should proceed normally, if you follow the instructions below.

Pain: Unless the extraction was complicated, you can expect only mild discomfort. This can be managed with Extra Strength Tylenol or Advil. If stronger pain medication is required, Dr. Bridger will prescribe this for you.

Bleeding: The best control for bleeding is pressure. As you leave the office, we shall be sure that bleeding is controlled. Usually you will be biting on some gauze. Throw this gauze away after fifteen minutes. If there is still some oozing, replace the gauze and continue to bite down for another fifteen minutes. If mild bleeding persists, replace the gauze with a moist tea bag. The tannic acid in the tea bag will promote clotting. If bleeding should continue beyond three hours or if it is heavy, then be sure to call Dr. Bridger.

Eating: Avoid eating over the extraction site(s) for a day or two. Stick to soft foods such as soups, and avoid packing food into the extraction holes. Drink fluids to prevent dehydration. Stay away from overly hot or cold foods and drinks for the first 12 hours.

Sutures: Sutures are not required for simple extractions. If Dr. Bridger has placed some sutures, then these will have to be removed one week later. We shall book an appointment for this simple procedure that does not require any dental freezing. Resorbable sutures will take two to three weeks to dissolve.

Rinsing: Do not rinse vigorously for the first day or two as this may dislodge the clot that forms the foundation for subsequent healing. Gentle rinsing with salt and water several times a day for the first few days will promote healing. We may provide you with Pericidex, an antibacterial rinse to be used for one week after the extraction.

Brushing / Flossing: Do not brush or floss in the extraction area for the first few days.

Exercise: Avoid rigorous exercise such as jogging and aerobics for the first two or three days.

Antibiotics: Antibiotics are not normally required following an extraction(s). If Dr. Bridger has prescribed antibiotics be sure to take all the medication.

If you have any concerns please do not hesitate to call the office or Dr. Bridger at home.