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PERSONALIZED DENTAL CARE

WHAT TO DO AFTER THE EXTRACTION OF A TOOTH

Following the extraction of a tooth, the wound usually heals to the point where you can function normally within a few days and without complications. Simple home care procedures should be practiced to help promote healing, prevent any complications, and make you more comfortable.

When a tooth is extracted, the body responds by forming a blood clot in the tooth socket. This blood clot is part of the normal healing process. It is important to avoid activities that would disturb the clot.

***** DO NOT smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. These activities create a suction in your mouth which could dislodge the clot and delay healing.

***** DO NOT clean the teeth next to the healing tooth socket for the rest of the day.

***** REDUCE strenuous activity for 24 hours after an extraction. This will reduce bleeding and help your blood clot to form.

BLEEDING

After the surgery, a gauze pack is placed on the extraction site to prevent excessive bleeding, and confine the blood while clotting takes place. Leave the gauze pack in for 30-45 minutes after leaving our office. Do not chew on the pack. If bleeding or oozing continues after the pack is removed, follow this procedure.

***** Fold a piece of clean gauze in a pad thick enough to bite on. Dampen the pad and place it directly on extraction site.

***** Apply pressure by closing the teeth firmly over the gauze.

***** Maintain the pressure for about 30 minutes. Repeat if necessary

***** Don't suck on the extraction site or spit. (Remember, a lot of saliva and a little blood may look like a lot of bleeding.)

***** If heavy bleeding continues, call our office.

Emergency 210-844-4453

Office 210- 558-3133