

FORING DENTAL

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Post Op Instructions – Extraction and Extraction with Bone Graft

The first 24 hours after a tooth extraction are crucial for proper healing. You might experience some discomfort and notice some bleeding, which is normal as your body begins to form a blood clot in the empty socket. This blood clot acts as a natural bandage, protecting the area and aiding in healing.

Here's a breakdown of what to expect and how to care for yourself:

Pain Management:

- **Take Over the Counter pain medication** We recommend using Acetaminophen (Tylenol) and/ or I BuProfen (Motrin, Advil)
- **Apply ice packs to the affected area for 20 minutes at a time, every hour, for the first 24-48 hours.**
- **Bleeding:**
 - Slight bleeding is normal.
 - Gently bite down on a gauze pad for 20 minutes to help control bleeding. Repeat and replace as needed
 - If bleeding continues or is excessive, contact your dentist immediately.
- **Diet:**
 - No hot liquids in the first 24 hours. Eat cold soft foods for the first day. Yogurt, pudding, ice cream. Then warm soft foods day 2-7.
 - Avoid hard, crunchy, or sticky foods for at least a week.
 - Do NOT spit and do NOT use straws as this can dislodge the blood clot and cause a dry socket.
- **Oral Hygiene:**
 - Brush the other teeth but avoid the extraction site.
 - Do NOT rinse the first 24 hours. After 24 hours you may rinse and brush but you cannot spit. Gently lean over the sink and let it fall out.
 - Gently rinse with warm salt water (1/2 teaspoon salt in 8 ounces of warm water) several times a day, starting 24 hours after the extraction. If prescribed you may start rinsing with periodex (chlorohexidine) after 48 hours
- **Other Precautions:**
 - Avoid exercise and vigorous activity for the first 48 hours after an extraction.

Implant and Cosmetic Dentistry

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