Elm Grove Dental

Postoperative Care for Extractions

- Bite gently on gauze provided for 20-30 minutes after the procedure. If bleeding persists, replace with new gauze for an additional 30 minutes until bleeding has stopped. Another option that can help stop persistent bleeding is to bite on a non-herbal black tea bag moistened with water.
- **Refrain from smoking** of any kind for the first 24 hours after your procedure to help prevent from getting a dry socket. If possible, refrain from smoking for 48 hours.
- **Avoid forcefully spitting** for 24 hours after your procedure. If you feel the need to spit, allow the spit to naturally roll out of your mouth into a sink or cup.
- **Do not drink out of a straw** for 24 hours after your procedure.
- Eat a **soft diet** for the first 24-48 hours and avoid chewing around the extraction site if possible.
- Limit activity and heavy lifting (more than 20lbs) for 24 hours after the procedure.
- No brushing or flossing for the first 24 hours following the extraction, then resume normal brushing and flossing.
- If swelling occurs, apply a cold pack to the area for 10 minute intervals.
- **AFTER 24 HOURS** and to expediate healing, rinse with warm salt water solution consisting of ½ teaspoon of salt and 8 oz. of warm water several times a day for a week.
- If you continue to have persistent swelling, bleeding or pain or have any questions, please contact our office at (304)242-8959.

Thank you for trusting us with your oral health care.

Elm Grove Dental Team