



**LAKEVIEW**  
— DENTAL —

Shayan Ghodsi, DMD  
Muyeenul Hassan, DDS  
1402 Royal Palm Beach Blvd, Suite 500  
Royal Palm Beach, FL 33411  
561.898.1010

## I HAD AN EXTRACTION. NOW WHAT DO I DO?

**Protection of the blood clot** - Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady firm pressure for 15 minutes. Repeat as often as needed. Be sure to moisten the gauze with a little water so that it won't stick to the clot.

**Discomfort** - Following dental extraction it is normal to experience some discomfort. The greatest amount of discomfort is in the first 6 to 8 hours. If medication has been given or prescribed, take as instructed. If a dull pain along with an earache increases on the 3rd or 4th day call for an appointment. You may have dry socket which occurs when blood clot at the site of the tooth extraction fails to develop.

**Control swelling** - Gently apply ice packs to area for periods of 15 minutes on, 10 minutes off. Repeat as often as you can for the first 24 hours to minimize swelling.

**Avoid** all excessive activity. Don't pick at the extraction site. Don't consume liquids through a straw as it has a tendency to dislodge the blood clot. Refrain from smoking for the first 2-3 days.

**Do not rinse** or use a mouthwash for at least 24 hours as it will dislodge the blot clot. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water) every few hours. The use of commercial mouthwashes during the healing period is not advised due to the alcohol content.

**Diet** - It is important to maintain good nutrition. Eat a lukewarm soft diet the day of extraction and avoid the extraction site as much as possible.

**The toothbrush** may be carefully used in the area of the mouth not involved by the surgical procedures. A clean mouth heals faster.

**Sutures** - If they were used, you may need to return for their removal after 7-10 days. Typically we use restorable sutures which dissolve and fall out in 7-10 days and do not require any further office visitation.

**Infection** - If swelling and discomfort worsens after the 4th day following extraction with a foul taste, fever and difficulty swallowing, contact the office.

IF FOR ANY REASON YOU ARE CONCERNED ABOUT YOUR CONDITION, NOTIFY US RIGHT AWAY.