



# POSTOPERATIVE INSTRUCTIONS

There are three things to watch for:

1. Bleeding
2. Swelling
3. Pain

Most importantly, we need to control bleeding. When bleeding is controlled, swelling and/or pain are better controlled.

After the tooth is extracted, a blood clot forms in the extraction site. At this point, there should be no spitting, suction, or smoking, as this could dislodge the clot. (If the clot is dislodged, a dry socket may result.) Please call our office if there is pain in the area three to four days after the extraction.

We want you to apply pressure for 30 minutes by biting on the gauze that we placed after the extraction. Your mouth will think this is food, so your saliva flow will increase. This is expected and you should swallow your saliva as normal. It is also expected that there may be slight oozing for 24 hours afterwards.

Swelling occurs when there is bleeding of the tissue. If you experience swelling, use an icepack 15 minutes on and then 15 minutes off. Ice in a baggy with a washcloth covering it works great!

In some cases, we will give you a prescription for pain pills. Please take the pain pill as directed after you remove your gauze. Pain medication can cause nausea when taken on an empty stomach, so please be sure to take with a meal.

You may find it easier to eat softer foods for the first week following your procedure.

Begin rinsing with warm saltwater 24 hours after the extraction. Use one half teaspoon of salt in a glass of warm water, two to three times a day for one week. If you have any questions, please give us a call at 425-776-3352 during normal business hours.

For any afterhours concerns, contact the office by calling 425-776-3352 and press 9 or email [aftercare@greencitydental.com](mailto:aftercare@greencitydental.com)

Thank you,

Green City Dental

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