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Post-Op Instructions- Extraction

Sometimes it's hard to remember all the post-operative instructions we go over in the office. We understand that having a tooth removed can be very stressful, so we want to follow up with a few suggestions to help make your recovery as comfortable as possible.

- For 48 hours, avoid intense rinsing, spitting, sucking through a straw or smoking. These actions can result in a dry socket, which is painful and would require dental attention. It is okay, however, to gently rinse with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water) 3 to 4 times a day to soothe your gums.
- Take Ibuprofen 600mg (Advil or Motrin) every 6 hours as needed for pain, pending no allergies to NSAIDS. In the event of such allergy, take Acetaminophen (Tylenol) 500mg, every 6 hours as needed for pain. Take any other antibiotics and pain medication as prescribed.
- Apply an ice pack to reduce any swelling.
- Relieve bleeding by placing a rolled piece of gauze with pressure against the area for about 30 minutes. Oozing is to be expected for 24-48 hours.
- Eat soft foods for 48 hours, as gums will be tender during the healing process.
- Avoid brushing the extraction site for 24 hours. However, do floss and brush all other teeth.
- Avoid alcohol and carbonated drinks for 24 hours

You should be fully recovered in a few days, but if you experience abnormal pain or if something else seems wrong, please call the office.

Sincerely,
The Aloha Dental Team