

CHONG FAMILY DENTISTRY

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POST OPERATIVE TOOTH EXTRACTION INSTRUCTIONS

The following are some recommendations to follow after you had a tooth or teeth removed in our office.

1. **Controlling the Bleeding:** bite on the gauze for 20-30 minutes at a time. Take one out of the packet, roll it up and then fold in half or thirds depending on the thickness needed. Place over the removed tooth area and bite down firmly. Each time you replace the gauze, there should be less and less redness or bleeding.
2. **Excess Bleeding:** if there does not seem to be any slow down in the amount of redness or bleeding in the gauze, it is recommended to wet a tea bag (i.e. a Lipton tea bag) with warm water to activate the tea leaves. Place the tea bag like the gauze over the missing tooth area and bite down very firmly. There is something in tea that helps clot our blood.
3. **Pain Management:** if no prescription was given to you, simply take 2 Tylenols or 2 Advil (or Motrin or Ibuprofen) every 4-6 hours as needed to control the discomfort or pain. If a prescription was given to you, then follow the directions on the pill bottle.
4. **NO RINSING** for at least 24-48 hours. This is very important! The blood clot needs to stay inside the "hole." It takes the blood clot 24-48 hours to integrate and lock in. If the blood clot were to get flushed out, there will be a lot of pain. You will need to call us if this happens. Furthermore, no sucking through a straw and do refrain from smoking because this can create negative pressure in your mouth that may dislodge the blood clot.
5. **Other Precautions:** No exercise for the next 24-48 hours. Try not to lift heavy objects, including small children. Any of these events might dislodge the blood clot. It is very important to allow your body to begin the healing process properly.
6. **Brushing:** You can brush the rest of your mouth, but the wound site might be very tender. Once you are done, do not spit out. Let the foamy toothpaste just flow out. Gently pour a little bit of water into your mouth, tilt your head side to side, and then let it drain out of your mouth slowly and carefully. NO ACTIVE SWISHING. The blood clot in the early stages is very fragile.
7. **Get some rest!** When you wake in the morning, a little bit of bleeding or oozing might have occurred. It is to be expected over the next few days. Softer diet is recommended the first few days. Thereafter, one can return to your normal daily routine.
8. **Any questions,** please do not hesitate to contact us! (415) 681-0668.