



POST-OPERATIVE INSTRUCTIONS

After a Tooth Extraction

Restorative · Cisco Dental — Dental Fitness

Whether simple or surgical, an extraction heals around a blood clot that forms in the socket. Protecting that clot for the first 24 hours is the single most important thing you can do to heal comfortably.

First, stop the bleeding

- Bite firmly on the gauze for 45–60 minutes. Some oozing and pink saliva for a day is normal.
- If bleeding continues, place fresh gauze (or a moistened black tea bag) and bite for another 30–45 minutes.

Protect the clot — first 24 hours

- Do NOT rinse forcefully, spit, use a straw, or smoke — the suction can dislodge the clot and cause a painful 'dry socket.'
- Do not poke the site with your tongue or fingers.
- Rest with your head slightly elevated; avoid strenuous activity and heavy lifting for the first day.

Swelling & comfort

- Apply a cold pack to the outside of the face, 20 minutes on and 20 minutes off, for the first several hours.
- Take pain medication as directed before the numbness fully wears off, so you stay ahead of the discomfort.

Eating & rinsing

- Keep to soft, cool foods on the first day and stay hydrated with water.
- Beginning the day AFTER surgery, gently rinse with warm salt water (1/2 teaspoon salt in a cup of warm water) after meals and before bed.

Hygiene

- Brush your other teeth normally tonight, keeping the brush away from the socket for the first day.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)