

Post-Operative Instructions: Tooth Extraction

Donald and Zachary Meiners, DDS

4012 South Lynn Court
Independence, MO 64055

(816) 252-3545
www.independencedentistry.com
e-mail: drmeiners@meinersdentistry.com



- Keep firm pressure on the gauze we placed in your mouth for four to six hours.
- Change the gauze no more frequently than every 20 minutes.
- Wet the gauze first before placing it in your mouth so it does not stick to the forming blood clot.
- When a little blood mixes with saliva, it appears as though you have a lot of blood in your mouth, when in reality, there is VERY little.
- For the next 48 hours, do NOT rinse or swish your mouth with any fluids. Do NOT spit out. If you happen to taste some blood in your mouth and swallow a little of it, it will NOT hurt you.
- No smoking for the next 48 hours. The heat and force of inhaling can ruin the blood clot your body is trying to form in the surgical area.
- No exercise for the next 48 hours. When you exercise, your heart beats harder, your capillaries are expanded, and you bleed more. Relax, take it easy.
- Drink a lot of water (NOT carbonated or alcoholic beverages)
- Please eat only soft, cool foods for the next 48 hours. Hot crunchy types of food can ruin the blood clot trying to form. Examples include: applesauce, yogurt, Jell-O, ice cream, cottage cheese, etc.
- If you were given a narcotic pain medication, please eat something before you take the medication, or you are likely to get sick to your stomach.

Frequently Asked Questions:

Q: *How long do I leave the gauze in for?*

A: Four to six hours, or until bleeding has ceased

Q: *When can I brush my teeth?*

A: Tomorrow, but please do NOT spit out your toothpaste. Just let it fall out of your mouth, and be careful around the surgical site.

Q: *When can I drink coffee?*

A: Ideally never, since it stains your teeth and has no nutritional value. But since we know you enjoy it: 24 hours until you can consume lukewarm coffee, 48 hours until you can consume warm coffee.

Q: *When can I eat something warm or solid?*

A: Lukewarm; 24 hours. Solid and warm; 48 hours.

Q: *It's been more than a couple of hours and I am still bleeding. Is that okay?*

A: One or two drops of blood mixed with your saliva can look like a LOT of blood, so it's probably okay. If it's bleeding profusely after this time-frame, please contact us at 816-252-3545.

Q: *I received stitches, when will I need to have them taken out?*

A: Five to seven days from the day of the surgery.

Q: *One of my stitches fell out, is that okay?*

A: If one comes out, and it has been a day or two, you will be fine.