

Jenny Filter, DDS
427 E 1st Street
Salida, Co 81201
719-539-6142

SPECIAL CARE AFTER EXTRACTIONS

BLEEDING:

You will notice slight blood in saliva for a day or two after an extraction. This is normal drainage. If you notice frank bleeding, you should bite for one hour on a tightly folded gauze square placed directly onto the socket. If this fails to stop the bleeding, wrap a tea bag (example is regular Lipton or black cut tea) in gauze, dip the bag in water, squeeze out the excess water, place it directly over the socket, and bite gently for about a half hour. The gauze or tea bag must be placed directly over the socket, not between the upper and lower teeth. Direct pressure onto the socket is the key.

ORAL HYGIENE:

Avoid mouthwash. Continue daily gently brushing and gently flossing to aid healing and prevent infection. Avoid the use of toothpicks or Water Pic irrigation around the surgical site.

DIET:

You may have fluids as soon as you like, but wait two hours before eating soft foods such as Jell-O and yogurt. For the next few days, eat mild, soft foods of your liking. This will help prevent nausea, improve tolerance of medicine, and just generally help you feel better. Avoid foods like popcorn, granola, peanuts, etc. Avoiding smoking and drinking alcohol will help improve the speed of healing.

Swelling:

If you have mild swelling, a cold pack will provide some relief. A cold pack can be made from broken ice wrapped in a moist cloth. Filling a zip lock bag with frozen peas can make a deluxe cold pack. Use two bags; refreezing one while the other is being used. Use as often as needed. Hot packs should be avoided.

Prescription:

Take all medications as instructed by the doctor and as written on the labels. Antibiotics prevent infection and should be taken regularly until none remain. Prescription pain medication is very helpful especially during the first 12-24 post surgical hours.

Please discuss any questions you may have with Dr. Filter or her staff.