

Palms Dental PA

Care of the Mouth After Extractions

- Do not rinse mouth for 24 hours after extractions
- Do not drink through straws
- Keep fingers and tongue away from the socket
- Bleeding – Some bleeding following tooth extractions is to be expected. If unusual, place a wet sterile gauze pad firmly over the site of extraction and bite down or hold in place with pressure for 20 minutes. Repeat if necessary.
- Avoid drinking hot liquids.
- Swelling – Use a plastic bag or towel filled with ice against affected area for 5 minutes on and 10 minutes off for 1 hour. Swelling may start after tooth has been removed but is no cause for alarm.
- Food – Light diet is advisable during the first 24 hours.
- Next day – Rinse with a ½ teaspoon of table salt in an 8-ounce glass of very warm water, after meals. Repeat for the next 2 or 3 days if necessary.
- Bony edges – After teeth are extracted, the patient may feel hard projections in the mouth and think they are roots. This is usually the hard, bony partition, which surrounds the roots of the teeth. These generally break away or work themselves out.
- If antibiotics are prescribed, take a full amount of medication, even though symptoms have disappeared.
- For denture patients – Please be aware that after extractions, your gums will shrink in time.

No smoking or any alcoholic beverages for at least 24 hours!

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