

## **Tooth Removal**

We have used a local anesthetic to numb the area we have treated today. This numbness will last in your teeth, lips, cheeks, and tongue for several hours after the procedure. To avoid damage to your teeth, lips, cheeks, and tongue please avoid hot drinks and foods and any chewing until the numbness has completely worn off.

### **After your appointment**

Continue to bite on the cotton gauze we provided for 20 minutes after your appointment to stop bleeding. If bleeding persists, place a new pad of moistened cotton gauze over the extraction site and apply slight pressure.

It is normal for a small amount of bleeding (oozing) to continue throughout the day after surgery. Aspirin, exchanging the cotton too often, spitting or creating suction in your mouth will prolong bleeding.

Keep your tongue and fingers away from the extraction site so as to not disturb the healing process.

### **Swelling**

If swelling occurs place an ice pack in a towel and hold over the side of your face next to the extraction site. Hold in place for 15 minutes and then remove for 15 minutes. Continue this cycle once an hour for the first day.

It is also advisable to take ibuprofen (i.e. Advil) to help reduce inflammation if you have no allergies to such medication. Please take medication as prescribed by our office. Call if you have any questions 598-4746

### **Home Care**

To promote healing do not brush the area you had the tooth removed for the first 24 hours. Continue to brush the other teeth as per normal.

DO NOT use mouth rinses that contain alcohol.

Gently rinse your mouth with warm salt water. Do NOT spit water out but instead allow it to drool from your mouth into the sink.

Avoid the use of straws or smoking as suction in your mouth can break down the clot and cause bleeding to begin again. Smoking also adds the risk of "DRY SOCKET" which is a very uncomfortable condition that can arise a few days after your tooth removal. If pain returns a few days after the tooth removal please call the office.

Avoid strenuous activity for a couple of days to allow the tissues to heal. The gums will heal rapidly. The "hole" where the tooth was will fill in over the next several months.

Please call our office if you have any concerns or question 598-GRIN (4746) or if after hours Dr Mundy's mobile number 501-7373