



*Wine Country*  
FAMILY DENTAL

Mark B. Schutte, DDS

### **Quick reference guide following an Extraction**

Here are some general guidelines you should follow after a tooth extraction to help promote healing, prevent complications, and make yourself comfortable. Dr Schutte may give you some additional instructions, as well.

1. While your mouth is numb, be careful not to bite your cheek, lip or tongue.
2. If Dr. Schutte has placed a gauze pack on the extraction site, leave it in place for 30 to 45 minutes after you leave the office. Do not chew on pack.
3. If there is bleeding or oozing after the pack is removed, fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site. Apply moderate pressure by closing the teeth firmly over the pad. Maintain this pressure for about 30 minutes.
4. To help reduce swelling and pain, apply cold compresses to the face, as directed by the dentist.
5. **DO NOT** smoke, or rinse your mouth out vigorously, or drink through a straw for 72 hours.
6. After the extraction, drink lots of fluids and eat soft, nutritious foods. Avoid hot liquids and alcoholic beverages. Begin eating solid foods the next day or as soon as you can chew comfortably. For the first few days try to chew food on the opposite side of the extraction site. When it feels comfortable you could resume chewing on both sides of your mouth.
7. Do not clean the teeth next to the healing tooth socket for the rest of the day. You should, however brush and floss your teeth thoroughly. Gently rinse your mouth afterward.
8. Limit strenuous activity for 24 hours after the extraction.
9. If Dr. Schutte has prescribed medication to control pain and prevent infection, use it only as directed. If the pain medication prescribed does not seem to work for you, do not increase the dosage. Call the office, if you have any other difficulties with the medication, call Dr. Schutte.
10. If you have prolonged or severe pain, swelling, bleeding, fever, nausea or vomiting, call the office immediately. If you cannot reach Dr. Schutte, go to a hospital emergency room.
11. If sutures that require removal, Dr. Schutte will instruct you on when to return to the office.

**Our office telephone and emergency number is (509) 547-3000**