



Anthony Costella, DDS | Rosemarie Goldstein, DDS

HOME CARE AFTER A PERMANENT TOOTH EXTRACTION

For routine permanent tooth extractions. Follow all instructions from your treating dentist. For sedation, general anesthesia, grafts or complex surgery, also follow your separate discharge instructions.

1 Bleeding & steady pressure

Slight oozing or pink saliva is common. Place damp gauze directly over the socket and bite firmly for 30 minutes without checking. Repeat once if needed. Call if active bleeding continues after one hour of pressure.

No gauze? Use a clean, folded, slightly damp cotton cloth or handkerchief. Avoid tissues or paper towels that may shed fibers. Remove before eating, drinking or sleeping.

2 Protect the healing clot

Leave the area undisturbed during the first day. For 24 hours, do not rinse, spit forcefully, use straws or suck at the socket. Do not poke the area with fingers or the tongue. Do not pull at stitches.

3 Food, fluids & numbness

Drink water from a cup once bleeding is controlled. Choose cool or lukewarm soft foods. Chew on the other side. Avoid hot foods and drinks while numb; take care not to bite your lip or tongue. Avoid crunchy foods, nuts and seeds until healing comfortably.

4 Smoking & alcohol

No smoking or vaping for at least 72 hours; longer is better for healing. Smoking increases dry socket risk. Avoid alcohol for at least 24 hours and longer if your dentist directs. Do not drink alcohol with opioid pain medicines, sedatives or medicines that interact with it.

5 Pain relief & prescriptions

Take pain medicine and any antibiotics or other prescriptions exactly as directed by your dentist. Do not exceed doses or combine products with the same ingredient. Complete prescribed antibiotics unless your clinician changes the plan. For a rash or hives, stop the suspected medicine and call promptly.

Do not stop prescribed blood thinners or daily aspirin without guidance from your treating clinician.

6 Practice good home care

It is okay to leave the area alone for the first few hours. Gently brush the other teeth with fluoride toothpaste when comfortable, avoiding the socket.

No rinsing for the first 24 hours unless your dentist specifically directs otherwise.

After 24 hours, gently rinse after meals with warm salt water ($\frac{1}{2}$ teaspoon salt in 1 cup water). Continue for about one week or as directed. Use prescribed rinses as instructed; keep the mouth clean without disturbing the clot.

7 Rest, swelling & follow-up

Rest today. Avoid heavy lifting, bending, strenuous exercise and heavy chores for at least 24-48 hours or longer as directed. Do not drive or operate machinery while impaired by sedation or medicine. Use a wrapped cold pack for 15-20 minutes at a time during the first day. Keep your head raised. Attend any recommended follow-up.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call promptly for persistent bleeding, fever of 100.4°F or higher, unusual lethargy, pus, foul odor or taste, worsening swelling, or severe pain, especially 3-5 days later. Call for medication reactions or difficulty drinking.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.