



## **Post Operative Care after Tooth Extraction**

### ***First 24 Hours***

- ◆ To stop bleeding, place damp, folded gauze pad over the site and bite down for an hour. Repeat, if necessary. If bleeding is severe, please call the office. Slight bleeding or oozing is normal during the first 24 hours.
- ◆ DO NOT RINSE, SPIT, BRUSH YOUR TEETH, or DRINK THROUGH A STRAW.
- ◆ Keep swelling down by applying an ice pack wrapped in a paper towel on the outside of your face in the surgical region. Apply ice 20 minutes every hour for the first 24 hours.
- ◆ Take medication as prescribed and follow instructions provided by Dr. Burman. If pain or swelling becomes worse after a few days, or if pain medication does not relieve your pain, please call the office. If you have a reaction to any medication such as a rash, hives, itching, nausea, or severe diarrhea, stop taking medication and call Dr. Burman IMMEDIATELY.
- ◆ Do not eat while numb – you can bite or burn your lips, gum tissue, or cheeks.
- ◆ Soreness at the injection site(s) and sore jaw muscles is expected; use over-the-counter pain relievers to help ease any discomfort.
- ◆ Be sure to drink plenty of fluids and eat soft foods. Avoid food with small pieces like corn and rice. If you must chew, use the opposite side of your mouth.
- ◆ You may have some trouble opening your mouth widely and there may be some mild soreness when you swallow. This is common and should improve gradually. Bruising is also possible, especially for people with fair skin. This will go away by itself.
- ◆ It is STRONGLY recommended that you DO NOT SMOKE after tooth extraction; smoking delays healing and can cause complications.

**Parents: Please make sure your child does not “play” with or bite their numb lip or cheek. Sores and general irritation will develop and become very uncomfortable once the anesthetic has worn off.**

### ***After 24 hours***

- ◆ A day after the procedure, you may begin gently rinsing using warm salt water (1/2 tsp in full glass warm water). Do this often for several days, especially after eating.
- ◆ You may have sutures (or stitches) which can be the dissolving type or they may need to be removed about a week after surgery; be sure to schedule your postoperative appointment as directed by Dr. Burman.

**Please call the office if you have any concerns: (561) 404-4325**

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