REVEAL DENTAL
COSMETIC, FAMILY & IMPLANT DENTISTRY

Care Instructions for **Tooth Removal/ Extractions**

Within the first 24 hours:
Bite firmly on a gauze pad for at least 30 minutes and as long as necessary to deal with the heavy oozing that is normal after an extraction. Insert a clean gauze pad after one hour if there is profuse oozing. Oozing may continue for 24 hours.

- Avoid spitting, sucking on candy, or sucking through a straw.
- Avoid rinsing your mouth, and do not brush or floss next to the extraction.
- Avoid tobacco products for at least 72 hours.
- Take medications as prescribed by the treating dental provider.
- Use allergy medication to prevent sneezing and coughing.
- To reduce bleeding, avoid vigorous activity, and elevate your head when lying down.
- Avoid hot, carbonated, or alcoholic beverages and hot or spicy foods.
- When numbness has subsided completely, drink plenty of fluids, eat only soft foods, and chew on the opposite side.

For discomfort:
Take a pain reliever before the anesthetic has worn off or as recommended. Use an ice bag over the area to minimize swelling, applying it for 20 minutes on and 20 minutes off.

After 24 hours:
- Begin eating normally as soon as it's comfortable.
- Brush and floss as usual, using care around the extraction site for the first week.
- Continue with all antibiotics for the full course even if symptoms have subsided.
- Apply moist heat to any swelling, or rinse with warm salt water two to three times a day for one week.

Contact our office if you experience heavy bleeding, pain or swelling for more than two days.

If you have any questions please call @ 512.337.2316 or email us at info@revealdental.com.