



## Redwater Dental Clinic

4940 48 St, Redwater, AB | 780-942-4691 | redwaterdentalclinic.com  
Text us at 855-577-1105

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### POST EXTRACTION INSTRUCTIONS

*Please read and keep this sheet for reference.*

#### What to Expect After Your Procedure

Tooth extraction is a routine but surgical procedure. The following are normal in the hours and days afterward:

- Bleeding or oozing from the socket for up to 24 hours.
- Swelling of the cheek and gum tissue, which typically peaks at 48–72 hours.
- Bruising of the skin and gum tissue around the extraction site.
- Soreness and jaw stiffness, especially if the tooth was difficult to remove.
- A hollow socket that may look empty — this is where the blood clot forms to begin healing.

#### Bleeding Control — Very Important

- Bite firmly on the gauze pad placed at your appointment for 30–60 minutes. Keep steady pressure — do not keep lifting the gauze to check.
- If bleeding continues after 60 minutes, place a fresh folded gauze pad over the site and bite down firmly for another 30–60 minutes.
- A damp tea bag can also be used — the tannic acid helps blood to clot.
- Do NOT spit, rinse forcefully, smoke, or use a straw for 24 hours — these actions can dislodge the blood clot and lead to dry socket.
- Some blood mixed with saliva is normal and may look like a lot. Call us if you experience heavy, persistent bright-red bleeding.

#### Dry Socket — What Is It?

Dry socket occurs when the blood clot that forms in the extraction site is dislodged or dissolves before healing is complete. It can cause intense throbbing pain typically beginning 2–4 days after the extraction. If you suspect dry socket, contact our office right away — it is easily treated.

#### Managing Discomfort & Swelling

- Apply an ice pack to the outside of your face (20 minutes on, 20 minutes off) for the first 24–48 hours.
- Take ibuprofen (Advil/Motrin) 400–600 mg every 6–8 hours with food unless contraindicated.
- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours may be used alone or alternated with ibuprofen.
- Take any prescribed medications as directed and complete the full course.

#### Eating & Drinking

- Wait until the anesthetic has worn off before eating.

- Eat soft, cool foods for the first 24–48 hours (yogurt, smoothies, mashed potatoes, soup — not too hot).
- Do not use a straw for at least 24–48 hours.
- Avoid hard, crunchy, or chewy foods near the extraction site for at least one week.
- Avoid alcohol for at least 24 hours.
- Stay well hydrated with water.

## Oral Hygiene

- Do not brush or rinse at the extraction site on the day of your procedure.
- Starting the day after, rinse gently with warm salt water (1/2 tsp salt in a cup of warm water) after meals and before bed.
- Resume gentle brushing the next day, avoiding direct contact with the socket.
- Do not use a water flosser near the extraction site until healing is confirmed.

## Activity & Lifestyle

- Rest for the remainder of the day. Avoid exercise or heavy lifting for 24–48 hours.
- Keep your head elevated when resting to help reduce swelling.
- Smoking dramatically increases the risk of dry socket and should be avoided for at least 72 hours (ideally longer).

## When to Contact Our Office

- Heavy, uncontrolled bright-red bleeding that does not stop with pressure.
- Severe or worsening pain beginning 2–4 days after the extraction (possible dry socket).
- Swelling that is worsening after 72 hours rather than improving.
- Fever over 38°C (100.4°F) or signs of infection (pus, bad taste, bad smell).
- Numbness that has not resolved several hours after your appointment.

### Questions or Concerns? We're Here to Help.

Call: 780-942-4691 | Text: 855-577-1105 | [redwaterdentalclinic.com](http://redwaterdentalclinic.com)  
4940 48 St, Redwater, AB | After-hours: leave a voicemail and we'll respond promptly.

*This handout is for informational purposes only and does not replace professional dental advice. Always follow the specific guidance provided by your dental provider.*