

Melissa A. Jarrell, D.D.S.
310 East Alto Road
Kokomo, IN 46902
(765) 453-4369

Extractions

At our office:

Anesthetics: the length of time you have numbness varies. While your mouth is numb, be careful not to bite your cheek, lip, or tongue. The numbness should subside within a few hours.

Healing: to help limit bleeding and aid healing, you will have a gauze pack on the extraction site while clotting takes place. Leave this gauze pack in place for approximately 30 to 45 minutes after you leave our office. Do not chew on this pack.

When you get home:

Bleeding: it is important not to suck on the extraction site. You may have some bleeding or oozing after the pack is removed (oozing may continue for 1-2 days).

What to do for oozing:

1. Fold a piece of clean gauze into a pad thick enough to bite on and place over extraction site.
2. Apply moderate pressure by closing your teeth firmly over the pad
3. Maintain this pressure for about 30 minutes, if the pad becomes soaked; replace it with a clean one as necessary.
4. If directed by the doctor, place an ice pack on the outside of face 20 minutes on and 20 minutes off during the day of surgery to minimize swelling.

If heavy bleeding occurs, call our office.

(Remember, however, that a lot of saliva and a little blood can look like a lot of bleeding.)

The Blood Clot: After an extraction, a blood clot forms in the tooth socket. This clot is an important part of the normal healing process. You should therefore avoid doing any activities that might disturb the clot.

Here is how to protect it:

- DO NOT:**
- Smoke
 - Rinse your mouth vigorously. The week after the extraction, gently rinse your mouth with warm water. Rinsing after meals is important to keep food particles out of the extraction site, but remember not vigorously. Avoid using a mouth rinse or mouthwash during this early healing period.
 - Drink through a straw
 - Clean your teeth next to the healing tooth socket for the rest of the day
 - No physical exercise (jogging, swimming, ball playing, etc.) that day

All these activities create suction in your mouth or irritation, which could dislodge the clot and delay healing. Plus, smoking may promote infection due to the carcinogens and carbon monoxide contained in cigarette smoke.