

Courtyard Dental

2410 San Ramon Valley Blvd.

Suite #148

San Ramon, CA 94583

Extractions Post-Operative Instructions

Refrain from eating at least 2 hours and until the anesthesia has worn off.

- The initial healing period usually takes one to two weeks, and you'll likely experience some swelling for the first 48 hours.
 - Avoid chewing for 2 hours following surgery, or until the numbness has completely worn off. Some discomfort after the extraction is normal.
- Be sure to take any antibiotic medication prescribed for you as it will help the area to heal. An analgesic may be recommended for your comfort and can be taken as directed.
 - To avoid nausea do not take pain medication on an empty stomach.
- You can also decrease pain and swelling by applying an ice pack 20 minutes on, 20 minutes off for the first 6 hours following the tooth extraction(s).
- A blood clot will form on the extraction site, and this clot is vital to the Process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit or swish vigorously.
- Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.