



TriState Family Dental Centers

A Professional Corporation

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*Established in 1971 by
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Care of Mouth After an Extraction

Immediately following your extraction, keep pressure on the extraction site by firmly biting on gauze for 30-40 minutes. If bleeding continues, replace the gauze square, repeating if necessary, until the bleeding stops.

A moist tea bag can also be used to control bleeding. Wet the tea bag with tap water, squeeze out the excess, and bite firmly on the bag for 30-40 minutes. Use only black tea - herbal teas are not effective.

DO NOT smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. Do not place your tongue in or suck on the extraction site. These activities will disturb the healing and could lead to a painful condition called a dry socket.

If you have sensitivity or discomfort, you may take over the counter medications (i.e. Advil, Ibuprofen, Tylenol).

To reduce swelling and discomfort, place an ice pack on the side of your face - 15 minutes on and 15 minutes off - for as long as necessary. After 24 hours, substitute moist heat for the ice pack.

Starting tomorrow, gently rinse your mouth with warm salt water (1 tsp salt to 1 cup water) to soothe and promote healing.

Continue to brush and floss, being extra careful around the extraction site.

Drink plenty of fluids and maintain a normal diet, which may be limited to soft foods for the first few days.

DO NOT drink alcoholic beverages or hot liquids for 24 hours; avoid any foods that are hot or spicy.

Reduce strenuous activity for 24 hours.

If you have prolonged or severe pain, swelling, bleeding or fever call the office.

If you have any questions or concerns, please don't hesitate to call the office.