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Care of Mouth after an Extraction

- Following an extraction, keep FIRM pressure on site for at least one hour. Maintain FIRM pressure until bleeding has stopped.
- Change gauze as needed, however, be careful not to disrupt the clot.
- **Do not** smoke, spit, or rinse for 48 hours.
- Drink plenty of fluids, and if possible, maintain a normal diet. You may be limited to soft foods for the first couple days.
- If you had an upper extraction refrain from blowing your nose for 48 hours. This could disrupt the clot.
- Maintain good oral hygiene by brushing and flossing as usual however be careful around the extraction site.
- If swelling occurs use an ice pack for only **24 hours** after the extraction. Have ice pack on for 20 minutes and off for 20 minutes. Continue alternating as needed for only the first day.
- Do not take aspirin for pain because it thins the blood. However, if you take an aspirin daily as prescribed by your medical doctor ask the dentist for further instruction.
- Avoid all alcoholic beverages when taking pain medication.
- Remember: Pain medication can cause drowsiness. Do not work or drive when taking certain pain medications.
- **Before** the anesthetic (numbness) wears off take pain medication suggested by doctor to avoid discomfort.
- If you have any questions or concerns feel free to call the office for further advice.
- If you feel that the problem is urgent and you are unable to reach either Dr. Carl Jeffery or Dr. Jessica Jeffery-Mohr please go to the nearest emergency room.