

Care of Mouth After tooth Extraction

1. You will be biting down on a folded gauze square when you leave. Change to a fresh piece of gauze every 20-30 minutes, until bleeding has stopped. If you run out of gauze, use a washcloth dipped in ice water, or bite on a teabag soaked in ice water.
2. Apply an ice pack to the outside of your face for 10 minutes at a time for the first 3-4 hours to keep the swelling down.
3. Do not forcefully rinse out your mouth for the first 24 hours.
4. Take Tylenol according to directions, for pain. Avoid aspirin or ibuprofen type pain pills.
5. After 24 hours, rinse mouth with warm salt water 2-3 times a day, especially after meals.
6. Take any prescribed antibiotics according to directions.
7. For the first few days after the extraction, avoid spicy, acidic, or hard crunchy foods.
8. Should you develop any problems with bleeding, swelling, or pain, call our office at (314) 569-0106, or our after hours pager at (314) 871-2324.