



WON SUNG, DDS, LLC

General Dentistry
Summit Green Medical Center

Patient Instructions following Tooth Removal

- ◆ **Anesthetics** – The length of time you will experience numbness varies, depending on the type of anesthetic used. While your mouth is numb, please be careful not to bite your cheek, lip or tongue – or to rub an area raw.

- ◆ **Bleeding** – Apply moderate pressure by closing your teeth firmly on a gauze pad for about 30 minutes. Replace it with a clean one as necessary.

- ◆ **The Blood Clot** – Limit strenuous activity for 24 hrs after the procedure. This will reduce the bleeding and help the blood clot to form. **DO NOT SMOKE, RINSE VIGOROUSLY, OR DRINK WITH A STRAW FOR 24 HRS.** These activities create suction in the mouth, which could dislodge the clot and delay healing.

- ◆ **Diet** – After the procedure, drink lots of fluids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day, or as soon as you can chew comfortably.

Solids: Ice Cream, Milk Shakes (no straw), Jell-O, Pudding, Mashed Potatoes, Yogurt

Liquids: Fruit Juices, Water, Milk, Ensure Nutritional Drink, Lukewarm beverages

**Remember: Law of gravity – everything goes down. You may experience food getting trapped in the sockets.

- ◆ **Rinsing** – The day following the extraction, gently rinse your mouth with warm salt water (1/2 teaspoon salt in 8 oz warm water). Avoid using a commercial mouthwash during this early healing period.

- ◆ **Post Op Discomfort** – Some mild discomfort may be expected. If discomfort continues for more than 5 days, or becomes severe, contact this office @ 847-741-4347

- ◆ **Medications** – Antibiotics, if given need to be taken until they are all gone. Pain medications – as directed.