



Brant Haynie, DMD  
2729 Rainbow Drive  
Rainbow City, AL 35906  
256.442.8081  
info@rainbowcityfamilydentistry.com  
rainbowcityfamilydentistry.com

## Extraction Care Instructions

### **Following these instructions will significantly decrease the chance for improper healing and “dry socket” formation:**

- No SMOKING, ALCOHOLIC, OR CARBONATED beverages for at least 48 hrs after extraction(s).
- Numbness may persist for up to 6 hours after extraction(s). During this time, avoid all hot foods/liquids and avoid chewing if possible in order to prevent trauma to surrounding tissues.
- DON'T rinse mouth for first 24 hrs. After this time, gently rinse with salt water 4 times a day for 1 week.
- When brushing your teeth, take care to avoid the extraction site for at least 72 hrs.
- Avoid drinking through a straw or spitting for 72 hrs. When brushing your teeth or rinsing, lean your head over the sink and allow spit to fall out of your mouth.
- Avoid strenuous exercise/activity for at least 24 hrs. Also, exercise caution when blowing your nose to prevent blood clot dislodgement.
- Swelling and bruising are normal. You can apply a cold pack to area to aid in decreasing swelling. • Over the next weeks/months, it is normal for some pieces of bone to work themselves out from the site. If these pieces do not work themselves completely out, please call us and we will see you for their simple removal.
- If sutures were placed, they will dissolve and fall out on their own (unless otherwise advised by doctor) in about 1 week.
- Change out gauze every 30 minutes until heavy bleeding has stopped
- It is normal for the site to ooze with blood for up to 12 hrs. If bleeding continues after this time, first place a piece of gauze on the site and bite with firm pressure for 15 minutes. If the site is still bleeding, place a teabag on the site and bite for 30 minutes. If heavy bleeding still persists, please contact our office for further instructions or go to nearest emergency room.
- If you experience any other complications or issues, please do not hesitate to call our office for further help.