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## **TOOTH EXTRACTIONS**

### **BLEEDING**

Bleeding can be effectively controlled by placing a piece of clean gauze over the empty tooth socket, and then biting firmly on this gauze for 20-30 minutes. If bleeding persists, you can bite on a slightly moistened teabag. Tannic acid in the tea aids in the formation of a blood clot.

Avoid rinsing, spitting or drinking through a straw during the first 24 hours after your tooth extraction to prevent dislodging of the blood clot and the possible development of a "dry socket". Stay away from hot liquids such as soup or coffee.

### **SWELLING**

To minimize swelling, place an ice pack wrapped in a thin towel on the area for 10 minutes, and remove it for at least 20 minutes. Repeat this cycle as needed for the next 24 hours.

### **EATING**

A soft or liquid diet is recommended for the first 24 hours after your surgery. Avoid chewing over the extraction site. After 24 hours you can slowly introduce more solid foods.

### **PREVENTING INFECTION**

After 24 hours gently rinse the extraction site with a salt water rinse. Rinse 3-4 times a day with 1 teaspoon salt in an 8 oz glass of warm water.

Take any anti-bacterial mouth rinse or antibiotics prescribed by the dentist.

### **CLEANING YOUR TEETH**

Avoiding brushing around the extraction site while cleaning your teeth during the first 24 hours. It is important to resume your normal dental routine after 24-48 hours, being careful around the extraction site. This will speed healing and keep your mouth fresh and clean.

If you have any concerns during the healing process please contact our office.

This form is provided for information and education purposes only.  
Please use it for your benefit and contact our office if you have any additional questions.