

Care of Your Mouth After An Extraction

- Immediately following a tooth extraction, keep pressure on gauze until the bleeding stops, 20 to 30 minutes. Repeat if necessary. (If bleeding persists, biting on a moist tea bag may help.) If heavy bleeding continues, please call our office.
- Do not eat anything until the numbness of the injection wears off. Approximately 1 to 2 hours following the appointment.
- Maintain a “soft diet” for 24 to 48 hours following the extraction (i.e.: Jell-O, mashed potatoes, soup, noodles, scrambled eggs, ice cream, etc.) Try to eat on the opposite side of the extraction site.
- Do not smoke, do not rinse your mouth vigorously, or drink thru a straw for 24 hours following appointment. These activities will disturb the healing blood clot.
- Immediately after a tooth is extracted, you may experience some discomfort and notice some swelling. To reduce swelling, place an ice pack on the side of your face, on and off for 20 minutes for 24 to 48 hours.
- Reduce strenuous activities for 24 hours, such as sports or household chores. Avoid lifting heavy objects for 24 hours.
- Drink plenty of cold fluids. Avoid alcoholic and hot liquids. Drink lukewarm to cold liquids for at least 48 hours.
- Brush and floss as normal as possible, being extra careful around the extraction site.
- Medication may be prescribed to help control pain and infection. Take medication as directed and finish ALL of the antibiotics, if prescribed.
- If you experience prolonged or severe pain, swelling, bleeding, or fever, please call our office immediately.
- If you have any questions or concerns, please do not hesitate to call our office. A 24 hour answering service is available and will contact a doctor on your behalf.

Family Dental Care of Glen Ellyn

Steven Biagini, DDS
Theresa Jansky, DDS
Mark Beck, DDS

(630) 858-0216

Family Dental Care of Bloomington

Theresa Jansky, DDS
Stefan Bergeron, DDS

(630) 283-0652

Family Dental Care of St. Charles

Mark Beck, DDS
Stefan Bergeron, DDS

(630) 443-5000