



RYAN M. JOUETT, D.D.S.

Care After Extractions

Following the removal of a tooth it is important that certain procedures be followed in order to promote proper healing.

PLEASE DO THE FOLLOWING:

1. **GAUZE:** Keep gauze over the area as directed with light pressure for 30 minutes. Change the first gauze if needed in 30 to 40 minutes, then every 1 to 2 hours after. This keeps pressure over the area and also keeps saliva from diluting the blood clot. Keep gauze over the area for the time that we recommend. Try not to disturb the area any more than possible. Do not go to sleep with the gauze in your mouth.
2. **BLEEDING:** Some bleeding is to be expected. If persistent or heavy bleeding occurs, please contact Dr. Jouett at the office 979-846-1121.
3. **PAIN:** If you are given a prescription for pain medication, take as directed and only if necessary. You should be careful about driving or operating machinery when taking such medication.
4. **SWELLING:** For some surgical procedures swelling is to be expected. If we recommend you use an ice pack, please place it on your face over the surgical area for 10 minutes and leave off for 10 minutes, then repeat. Application of cold as soon after surgery as possible can aid greatly in keeping swelling and discomfort to a minimum.
5. **RINSING:** Avoid vigorous rinsing of your mouth for the first 24 hours. After that time, you may rinse with warm water if you wish or were instructed to do so.
6. **EATING:** You should eat soft foods and drink liquids for the first 24 hours, then eat as you can tolerate from this point. **DO NOT DRINK LIQUIDS THROUGH A STRAW.**
7. **BRUSHING:** You need to maintain good oral hygiene during your healing period. Please brush and floss your teeth as usual, being careful to avoid the surgical area for the first 48 hours. As more healing takes place, you can begin to care for the surgical area.

Should you have any questions or problems, please do not hesitate to call our office at 979-846-1121.