

HAXTUN DENTAL CARE

After-Care Instructions for Extractions

Following your appointment you will be instructed to roll up 3-4 squares of gauze and bite firmly for at least 30 – 45 minutes. You may need to do this multiple times to stop the bleeding. If you are at any point concerned about continued bleeding please call us at 970-774-7999, or Dr. Whitney's cell phone at 720-323-0225.

Within the first 24 hours:

- Avoid spitting, sucking on candy, or sucking through a straw.
- Avoid rinsing your mouth, and do not brush or floss next to the extraction site.
- To reduce bleeding, avoid vigorous activity, and elevate your head when lying down.
- Avoid hot, carbonated, or alcoholic beverages. Avoid hot or spicy foods.
- Drink plenty of fluids, eat only soft foods, and chew on the opposite side of the extraction site.
- Avoid tobacco products for at least 24 hours. For best healing, avoid tobacco products for 72 hours.

For discomfort or swelling:

- Take a pain reliever before the anesthetic has worn off or as recommended by Dr. Whitney. Use an ice bag over the area to minimize swelling, applying it for 20 minutes on and 20 minutes off.

After 24 hours:

- Begin eating normally as soon as it's comfortable.
- Brush and floss as usual, using care around the extraction site for the first week.
- Rinse with warm salt water two to three times a day for one week.

Post-op food recommendations (subject to your personal dietary restrictions):

- Protein shakes (store-purchased, no straw)
- Blend yogurt, milk, banana, ice cream, and/or creamy peanut butter
- Plain yogurt, jello, baby food, or pudding
- Chicken broth or chicken soup (be very careful when chewing)
- Mashed potatoes
- Refried beans