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Post Extraction Instruction

After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the appointment. If excessive bleeding or oozing still persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

After the tooth is extracted you may feel some pain and experience some swelling. During the first 24 hours, an ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Take pain medications as prescribed. The swelling usually subsides in 48-72 hours; however, use ice packs only for the first 24 hours.

Use the pain medication as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. Drink lots of fluid and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable.

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth. This will speed healing and help keep your mouth fresh and clean.

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for more than three days, or a reaction to the medication, call the office immediately.

Nerves which supply sensation to your mouth, chin, lips, tongue and gum tissue may run near the area of the extraction. After the extraction you may experience some alteration of normal nerve sensation (itching, burning or tingling for example) for a short or indefinite period of time. In some rare instances you may experience a total lack of sensation for a period of time that could be indefinite.

For teeth in the upper arch there is a risk that following the extraction a hole or pathway may be present between the sinus and the oral cavity. This is because the roots of some of the upper teeth end just below the floor of the sinus and sometimes actually go through the sinus floor. If this occurs during your



procedure, Dr. Presswala may need to make a small surgical repair of the hole and may place you on antibiotics and antihistamines to reduce the risk of a sinus infection.

You may also experience a painful condition known as dry socket. This occurs when the protective blood clot in the socket where your tooth was removed is dislodged, exposing and irritating nerve endings. This may be caused by failing to closely follow the post-operative instructions above. Although this condition is temporary and not harmful, it is painful. It can be readily treated. Please contact our office if this occurs.