



# COMPLETE PREVENTIVE DENTISTRY, INC

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JEFFREY A BABUSHKIN DDS FAGD  
JANETTE A KALBA-BLACK DDS

www.cpdentistry.com 888 White Plains Road, Trumbull, CT 06611 203-268-5881

## **POST OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION**

Hold biting pressure on gauze for at least 30 minutes. You have been given additional gauze if bleeding persists afterwards. Fold gauze in half, then fold again in half and place over extraction site and bite down. The pressure from the gauze will cause the bleeding to stop.

If bleeding persists, moisten a tea bag and place that over the wound and gently hold pressure by biting down. The tea bag contains tannic acid which will assist in the formation of a blood clot.

Place ice to side of face where the extraction exists for 20 minutes, and then remove for 2 minutes. Continue this cycle as often as possible for the initial 48 hours after the extraction.

At bedtime, prop your head up with an additional towel covered pillow to slightly elevate your head. You may experience slight oozing of blood from the tooth socket during the night that mixes with your saliva and appears that you are actively bleeding from the extraction site. Don't be alarmed, gently rinse your mouth and inspect the area. If the site is actively bleeding, fold up gauze or use a tea bag and hold pressure again. After 30 minutes this should control the bleeding. If it does not cease, please call the office.

After 24 hours, rinse your mouth with warm salt water to keep the wound clean. Use 8 ounces of warm water with 1 teaspoon of salt and gently swish around the extraction site.

Take pain medication as prescribed. If given a prescription for an antibiotic (i.e. penicillin or erythromycin) please complete the prescription.

If any signs of infection develop (redness, heat or pus) please call the office for evaluation.

If you have any additional questions, please call the office.