

Post Extraction Care and Instructions

These are some basic instructions to help you with the care and maintenance of your mouth following an extraction. Following these instructions will endure the best healing results.

1. NO drinking carbonated drinks (coke, sprite, club soda etc...) NO drinking thru a straw. No smoking or chewing tobacco. All these things done during the first 24-48 hours after an extraction can cause a very painful dry socket.
2. Do Not rinse your mouth today, or excessive spitting.
3. Following the extraction some bleeding is normal... use the gauze as directed to keep pressure on the area for the next few hours. Please call our office at once.
4. You may have some discomfort after the extraction. To help with this use any aspirin type product (Advil, Motrin, Nuprin or aleeve). If Dr. Hampton prescribes a stronger medication for you remember to always eat something prior to taking any medication and take only as directed. Note that most pain medication can make you drowsy, so please use extreme caution and do not operate a vehicle or any type of machinery while taking your prescription.
5. For the first 24 hours after the extraction, a light diet is advised, soft foods that do not require a lot of chewing. (jello, mashed potatoes, milk shakes)
6. You may notice some minor swelling. If swelling occurs apply ice, in a towel, to the area and leave on for 15min on and 15 min off and contact the doctor.
7. In very rare occasion you may notice or feel a bone fragment working its way up through the extraction site. If so contact the doctor. This situation is rare, but normal, so do not be alarmed. These fragments are not roots but tiny particles of bone. If annoying or uncomfortable return to the office for a simple removal.
8. Starting tomorrow, rinse your mouth gently every 3-4 hours with warm salt water. Use ½ teaspoon to 1 cup water. (especially after meals) Continue rinsing with the warm salt water for several days (4-5).

Remember to contact our office immediately if any unusual symptoms occur. If a problem occurs after hours or on a weekend call the emergency number (214-212-6343) leave your name and number and Dr. Hampton will call you back as soon as possible.

The key to a successful surgical procedure is strict compliance with the above mentioned rules.