

**MAGNA DENTAL, PC**  
**OFFICE #217-525-6980**  
**EXTRACTION CARE**

(REVISED 5/11/2021)

**\*\*TODAY:** DO NOT RINSE OR SPIT.

**\*\*TOMORROW:** RINSE EVERY 3-4 HOURS WITH A MIXTURE OF A 1/4 TEASPOON OF SALT AND WARM WATER. A FOUL TASTE IS NORMAL. DILUTE LISTERINE TO RINSE, BRUSH YOUR TONGUE, AND ROOF OF MOUTH.

**BLEEDING:** AFTER EXTRACTIONS, SOME BLEEDING IS NORMAL (SMALL AMOUNTS OF BLOOD MIXED WITH SALIVA CAN SEEM TO BE A LOT, BUT IT IS NORMAL). IF CONSTANT BLEEDING OCCURS FOLD THE ENCLOSED GAUZE INTO FOURTHS, PLACE OVER THE EXTRACTION SITE AND BITE GENTLY ON THE GAUZE FOR A 1/2 HOUR AND THEN REMOVE. ELEVATE YOUR HEAD ABOVE YOUR HEART AND REPEAT IF NECESSARY. IF THAT STILL DOES NOT HELP, **DAMPEN** THE ENCLOSED TEA BAG AND PLACE IT OVER THE EXTRACTION SITE (THE NATURAL TANNIC ACID IN THE TEA BAG WILL CAUSE THE BLOOD TO COAGULATE).

**PAIN:** IF YOU EXPERIENCE MILD-AVERAGE PAIN, PLEASE USE NON-ASPIRIN TYPES OF MEDICATION LIKE IBUPROFEN OR TYLENOL AS RECOMMENDED ON THE BOTTLE. THE AREA WHERE THE ANESTHETIC WAS INJECTED CAN BE SORE AND TENDER. IF PAIN MEDICATION WAS PRESCRIBED, PLEASE FOLLOW THE INSTRUCTIONS AND DO NOT DRINK ALCOHOL, OPERATE HEAVY MACHINERY, DRIVE, ETC. MAKE SURE THAT YOU **EAT** WITH ALL PAIN MEDICATIONS. PAIN MEDICATIONS AND OR ANTIBIOTICS ARE NOT ALWAYS PRESCRIBED, EVERY EXTRACTION IS DIFFERENT. ANOTHER OPTIONS IS THE USE OF CLOVE OIL ON THE GAUZE PROVIDED AND PLACE OVER THE EXTRACTION AREA. **USE NATURAL CLOVE OIL** THAT IS USED FOR FLAVORING FOODS AND TEAS, **DO NOT USE CLOVE OIL USED FOR FRAGRANCE!!!**

**FOOD:** ONLY LIGHT AND SOFT FOODS DURING THE FIRST 24 HOURS. DO NOT USE A STRAW, ANY TYPE OF SUCTION OR A WATER PIK. DO NOT EAT UNTIL THE NUMBNESS WEARS OFF.

**BONY EDGES/SPICULES:** SMALL, SHARP BONE FRAGMENTS MAY WORK THROUGH THE GUM TISSUE DURING THE HEALING PROCESS. THIS IS NOT A ROOT AND IS QUITE NORMAL. IF IT BECOMES ANNOYING, PLEASE CALL THE OFFICE FOR ITS REMOVAL.

**DRY SOCKET:** DO YOU HAVE A DULL ACHING PAIN WHERE YOUR TOOTH WAS REMOVED AND THE PAIN IS CONSTANT EVEN AFTER TAKING IBUPROFEN OR PAIN MEDICATIONS? AFTER AN EXTRACTION, A CLOT FORMS OVER THE EXTRACTION AREA AND IF THE CLOT SHOULD COME OUT TOO SOON YOU WILL GET A DRY SOCKET. IF THIS HAPPENS, YOU NEED TO CALL THE OFFICE AND WE WILL SCHEDULE AN APPOINTMENT FOR YOU AND USE A MEDICATED PASTE TO TREAT YOUR DRY SOCKET. YOU MAY NEED TO RETURN TO THE OFFICE FOR THE NEXT FEW DAYS FOR REPACKING. TO AVOID A DRY SOCKET, DO NOT SPIT, DRINK THROUGH A STRAW, OR SMOKE.

**SUTURE REMOVAL:** SOME EXTRACTIONS (NOT ALL) REQUIRE STITCHES AND YOU WILL NEED TO RETURN FOR REMOVAL 5-7 DAYS AFTER THE EXTRACTION.