



After Dental Treatment Instructions Following a Tooth Extraction or Oral Surgery

Personalized Experience...Extraordinary Care.

Congratulations to you for your commitment to your oral health. These instructions are provided for you to create a more comfortable after treatment experience. Please feel free to contact us during regular office hours (or anytime for an emergency situation) for any additional information or instructions.

When you have had a tooth extracted (removed), you need to take care of your mouth. Doing certain things even the first day will help you feel better and heal faster.

- To help control bleeding, bite firmly on the gauze provided by your dentist. The pressure helps to form a blood clot in the tooth socket. Change the gauze as infrequently as you can so the bleeding will stop.
- To lessen any discomfort, take prescribed medication as directed. Ask your dentist if you make take over-the-counter medication, if needed.
- To reduce swelling, put an ice pack on your cheek near the surgical site. Apply the ice pack to your cheek for 10 minutes, then remove it for 5 minutes. Repeat as needed.

Do's

- Do eat a diet of soft, healthy foods.
- Do brush and floss your teeth gently.
- Do keep the extraction site clean by gently rinsing with warm salt water (1/2 tsp salt to 8 oz. Water) after 24 hours.

Don'ts

- Don't drink with a straw or smoke for 24 hours. This will break down the blood clot and may cause a dry socket.
- Don't drink hot liquids. This may increase swelling.

The Dental Care Team of Citracado Dental Group

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