



KISSING CAMELS FAMILY DENTISTRY

COLORADO SPRINGS

TOOTH EXTRACTION TIPS

Bleeding and oozing

- Completely normal for the first 24 - 48 hours after the procedure
- Fold gauze in half twice and place with pressure for 30 - 45 minutes on surgical site

Avoid these three things that could disrupt the healing process or cause dry sockets

- Spitting, sucking through a straw, and smoking

Oral Hygiene

- Brush your teeth normally
- Avoid surgical area for 48 hours
- Don't spit forcefully, instead let toothpaste fall from your mouth into the sink



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Discomfort and Swelling

- Completely normal and expected
- Take a cold compress and hold it to face for 20 minutes three time a day

Diet

- Consume soft foods such as yogurt, protein shakes, mashed potatoes, applesauce, etc.
- Avoid hard foods that could get caught in your socket

Stitches

- Stitches will be removed 7 - 10 days after the procedure usually at a mandatory follow up appointment to evaluate the healing process



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Dry sockets

- Don't occur often, but can be painful
- To avoid dry sockets avoid spitting, sucking through a straw, and smoking
- If you think you have a dry socket, please contact our office

Prescriptions

- An antibiotic is usually prescribed after a surgical oral procedure
- Take antibiotics you're prescribed all the way through to avoid any infection

Please call our office at (719) 301-6604 if you have any questions