



What to expect after a tooth extraction

Soreness

When the anesthesia wears off, a dull ache is common in the jaw, jaw joint, and lips. Ibuprofen is very often the most effective drug on the market at this time for pain from teeth and in the jawbones. Alternating warm and cold packs may help to alleviate this soreness. The soreness will diminish in a few days.

Gauze

Please keep the sterilized gauze we placed at your appointment over the extraction site for at least 30 minutes. After 30 minutes, replace the old gauze with the prepackaged, sterilized gauze we gave you for another 30 minutes.

Bleeding

Some bleeding is expected after any tooth is extracted. Your bleeding should decrease over the course of each day after your extraction. If your bleeding does not stop, please call our office to schedule an appointment to check on your healing.

Eating

Please eat only soft foods for the first 2 days after the extraction. You can gradually go back to eating a more normal diet as your extraction site becomes less and less tender.

Brushing your teeth

Do not brush your teeth for the rest of the day after your extraction. Only lightly brush in the area around your extraction site for the next few days. As your extraction site heals and becomes less and less sore, you can return to brushing your teeth in your normal fashion.

What the extraction site will look like

For the first few weeks after an extraction, the site may look dark or clotted—this is very normal. Some patients can see a whitish area inside of their extraction site; this is actually their bone, but once again—this is very normal. Over the next few weeks, the site will fill in with gums to become solid and normal looking.

Dry socket

Sometimes the blood clot that forms immediately after an extraction can become loose or dislodge. When this happens, air and saliva are able to come into direct contact with the nearby nerves and cause extremely intense pain. Please call us immediately, day or night, so that we can meet you at our office. We can place an artificial clot over the area to protect it again—taking you out of pain. Not smoking, drinking through a straw, or spitting for the first 4 days after an extraction is the simplest way to avoid this very distressing event.