



DEPENDING ON THE TYPES OF DENTAL EXTRACTIONS INVOLVED, YOUR RECOVERY MAY REQUIRE MORE OR LESS AFTERCARE. SIMPLE TOOTH EXTRACTIONS FREQUENTLY HEAL FASTER, BUT REGARDLESS, YOUR DENTIST MAY ASK THAT YOU INCORPORATE THE FOLLOWING INTO YOUR AFTERCARE:

Prescribed medication: Your dental extraction professional may ask you to take over-the-counter pain medications like Advil or Motrin. If the procedure is more complex, more powerful medications may be prescribed for the first few recovery days.

Icing: Apply ice packs for 10 to 15 minutes at a time to combat swelling.

Soft Foods: Stick with soft foods like mashed potatoes and avoid all straws while your blood clot settles.

Warm Salt Water Rinse: Gently rinse your mouth daily with warm salt water to clean your mouth and promote healing.

Rest and Relaxation: Allow a day or so for total relaxation. Rest with your head propped on a pillow to minimize potential bleeding.

No Tobacco Use: Avoid tobacco use of any kind for at least 24 hours.

Follow Up Appointments: Your dental professional will ask you to come to one or more follow up appointments. Be sure to keep these appointments to catch any possible issues with healing early.