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THE NEW YORK SMILE SPECIALISTS

So you just had a tooth extracted...

WHEW!

HERE'S WHAT YOU CAN EXPECT OVER THE NEXT FEW WEEKS...

- In the day or so following the surgery, you may notice some blood in your saliva. A little bit is normal, but if it seems excessive, let us know. If possible, start taking pain medication before the anesthetic wears off. Usually, over the counter pain medication is enough. Using ice or cold packs is helpful for the first day or so to help keep swelling and bruising to a minimum. Try to sleep with your head slightly elevated. Pain, swelling and bruising typically peaks 1-2 days after the surgery.
- If the socket was left open to heal, a blood clot will form in the empty space. You want this clot to stay in place, so try to avoid drinking through a straw, vigorous rinsing, or any action that might dislodge the clot. If the clot does get dislodged, you can end up with a dry socket, which would be accompanied by a sharp pain 2-3 days after the surgery. If this occurs, call us right away. To ensure that you don't leave food and debris in the socket, gentle rinsing should be done twice per day.
- If you had a bone graft placed, don't be alarmed if you find a few particles in your mouth that have worked their way out. If you had stitches placed, don't brush the area for the first 10-14 days after surgery. However, make sure you're still brushing the rest of your teeth to keep them nice and clean!

Please note, this is not a comprehensive list of complications or recommendations—just the more common things we see. If you should need anything else, don't hesitate to contact us.

We're here to help!