

Lang's Dental Center

593 McGrath Hwy.
Somerville, MA 02145
617-623-1656

60 Main St.
Nashua, NH 03060
603-889-0900

110 Park St.
Chelsea, MA 02150
617-466-2277

Care of Mouth after Extraction

- Immediately following a tooth extraction, keep pressure on gauze until the bleeding stops, 30-45 minutes. Repeat if necessary. If the bleeding continues, call your dentist.
- Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. These activities will disturb the healing blood clot.
- Do not suck on extraction site.
- Immediately after a tooth is extracted, you may experience some discomfort and notice some swelling.
- To reduce swelling, place ice packs on the side of your face on and off for 24 hours.
- Reduce strenuous activity for 24 hours.
- Drink plenty of fluids and maintain as normal a diet as possible, which may be limited to soft foods for the first few days.
- Avoid alcoholic beverages and hot liquids.
- Brush and floss as normal, being extra careful around the extraction area.
- On the following day, gently rinse your mouth with mouthwash or warm salt water. (1/2 tsp. in one glass of water).
- Depending on your situation, medication may be prescribed to help control pain and infection.
- If you have prolonged or severe pain, swelling, bleeding, or fever, call your dentist.