



1689 West 7th Avenue
Vancouver BC V6J 1S4

604 732 1383
info@pinefamilydental.com
pinefamilydental.com

Extraction Post Operative Instructions

These tips are designed to help with successful healing of your recent dental extraction.

When to call us

It is normal to experience some discomfort and swelling for several days after an extraction. Please call us right away if you have any of the following symptoms:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond 2-3 days
- A bad taste or odour in your mouth
- A reaction to medication

During the first 24 hours

To encourage the formation of a blood clot, reduce bleeding / pain and encourage healing:

- Bite down firmly on a gauze pad for 30-60 minutes. Blood and saliva mix in the mouth creating the appearance of more blood. Some bleeding is normal; however, if bleeding persists for more than 1 hour replace the gauze pad. The extraction site could bleed for as long as 24 hours
- Do not suck through a straw
- Do not spit, or rinse your mouth. Avoid brushing and flossing near the extraction site
- Do not smoke, vape or use tobacco for at least 72 hours. Smoking slows healing, and may lead to a painful condition called dry socket
- Rest and avoid any exercise, or strenuous activity
- To reduce bleeding, elevate your head with pillows when lying down
- Do not drink carbonated, hot or alcoholic beverages. Avoid eating hot, spicy or crunchy foods

For pain management, take pain medication before the anaesthetic has worn-off, or as recommended.

When the numbness has subsided, drink plenty of fluids and eat soft, nutritious foods. Chew on the side opposite the extraction site.

To keep swelling to a minimum, apply an ice pack to the affected facial area for 20 minutes on and 20 minutes off.

After the first 24 hours

Resume eating normally as soon as it's comfortable.

Resume brushing and flossing, but gently clean around the extraction site for about 1 week.

If antibiotics were prescribed, continue to take them for the indicated length of time - even if all symptoms and signs of infection are gone.





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Further reduce swelling by rinsing your mouth gently with warm salt water. Mix one teaspoon of salt in a glass of warm water. Gently rinse 2-3 times a day for one week following the extraction. Thirty-six hours following extraction, the application of moist heat to the sides of the face is beneficial to reduce swelling. Swelling usually starts to subside after 3-5 days.

*Dr Patrick Lok can be reached after hours on his cell **604.800.3511***