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## **Tooth Extraction Home Care Instructions**

### **1. Protect the blood clot (first 24 hours)**

Do not rinse, spit, smoke, use a straw, or brush your teeth with toothpaste for 24 hours. After 24 hours, gently rinse with warm salt water (1/2 teaspoon table salt in 8oz of warm water) after each meal for the next 5 days. **DO NOT RINSE OR SPIT VIGOROUSLY**, as this may initiate bleeding at the surgery site.

### **2. Bleeding Control:**

Leave the gauze in place for approximately 30 minutes and replace as needed. It will take 3 - 6 hours for the bleeding to stop. Some oozing is normal for the first day. If bleeding is heavy, place a pack of clean, **moistened** gauze over the site and keep **firm** pressure for **30 minutes**. Elevate your head on two pillows or sit in a semi-reclined position the first evening.

### **3. Pain and Infection Control:**

Take all medications as prescribed. If you have any type of unusual reaction, please call the emergency number listed below. Take your first pain medication **BEFORE** the numbness wears off completely (approx. 2 hours after surgery). Then take the medication as needed. 600 mg Ibuprofen or Tylenol will relieve most surgical soreness the following day. Alternating between Ibuprofen and Tylenol works well and is recommended.

**DO NOT DRIVE OR OPERATE MACHINERY IF TAKING PRESCRIPTION PAIN MEDICATIONS.**

### **4. Swelling Control:**

Apply an ice pack to your jaw on the side of surgery. Rotate sides if surgery was done on both sides of your mouth. 15 minutes each side. **SWELLING TAKES 3 DAYS TO PEAK.** Don't be alarmed if your jaw is puffy 3 days after oral

surgery. Ice is only good for the first 24 hours. Apply moist heat to your face the day after surgery. Heat will reduce stiffness and increase your comfort.

### **5. Diet:**

Eat soft foods the first day. Avoid chewing while your mouth is numb. Jaw stiffness is normal after surgery and improves after 5 day. Slowly return to regular foods as you feel comfortable.

### **6. Oral Hygiene:**

After 24 hours, start **very gentle** salt water rinses after each meal if possible. Brush your teeth carefully, avoiding the extraction site. Keep your mouth clean — a clean mouth heals faster.

### **7. Smoking:**

Avoid smoking for **at least 48 hours** (longer is best). If pain or unusual symptoms appear three to four days after surgery, you may be developing a dry socket. Please call the office if you feel that this is occurring.

### **8. Rest:**

Rest and avoid heavy exercise or lifting for 1–2 days. Drink plenty of fluids and rest as needed

### **9. Sutures:**

If sutures were used, the ones placed are dissolvable and will come out on their own.

### **10. Nausea:**

Nausea is rare after oral surgery. If you had an empty stomach before surgery, please try to drink something within the first few hours to prevent nausea from the medications or blood in your stomach. Carbonated drinks (Sprite, Coke, or Ginger-Ale) can help alleviate nausea.

**After hours and weekends, please call 714-998-7450**



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## **ADDITIONAL INSTRUCTIONS FOR CONTROL OF BLEEDING**

If normal instructions don't stop the bleeding, please have a friend or family member help you follow these steps.

- ITEMS NEEDED:**
1. Black tea bag (contains tannic acid)
  2. Gauze
  3. Ice pack
  4. Spoon (to help place the gauze)

### **Step 1. Find the bleeding area**

- Gently rinse your mouth with warm water to clear away blood.
- Have your helper use the handle of a spoon to pull your cheek back and look for where the bleeding is coming from.

### **Step 2. Place gauze correctly**

- Fold a piece of clean, moist gauze into a small pad about the size of your thumb.
- Place the pad **directly over the bleeding spot**.
- If it's a wisdom tooth area, the gauze needs to be pushed **behind the last tooth** and pressed firmly into place with the spoon handle.
- Bite down or hold pressure for **30 minutes without checking**.

*(It may feel sore, but correct placement is important for the bleeding to stop.)*

### **Step 3. If bleeding continues**

- Wet a black tea bag with cold water.
- Wrap it in gauze and place it over the bleeding area.
- Bite firmly for **15–20 minutes**.
- Repeat up to **3 times**.

### **Step 4. Support healing while applying pressure**

- Sit upright with your head and shoulders raised.
- Keep an ice pack on the outside of your cheek.

### **Step 5. Call us if it doesn't stop**

- Bleeding usually stops with the steps above. If it does not, **call our office immediately 714-998-7450**

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