



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Tooth Extraction Post-Operative Instructions

Helpful guidance for protecting the extraction site, managing normal recovery, and knowing when to contact our dental team.

RIGHT AFTER YOUR EXTRACTION

Protect the blood clot and follow the instructions provided by your Connect Family Dental team.

DURING RECOVERY

Rest, follow your care instructions, and avoid activities that may disturb the extraction site.

QUICK GUIDE

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01 Protect the Blood Clot

For the first 24 hours:

- Do not rinse your mouth forcefully.
- Do not drink through a straw.
- Do not smoke or use tobacco.
- Do not touch the extraction site with your tongue or fingers.
- Avoid anything that may disturb the developing blood clot.

02 Bleeding

- Mild bleeding or oozing may occur following an extraction.
- Bite gently on the gauze provided by your dental team.
- Replace gauze as directed.
- Keep your head elevated when resting.
- Avoid strenuous activity during the initial recovery period.

03 Swelling

- Swelling can occur after tooth extraction and may increase during the first few days.
- Apply a cold pack as directed.
- Use cold therapy during the initial recovery period.
- Keep your head elevated when resting.

04 Pain & Discomfort

- Some degree of discomfort is expected after an extraction.
- Take medications only as directed by your dental provider.
- Follow all prescribed medication instructions carefully.
- Contact our office if pain becomes severe or continues to worsen.

05 Infection Prevention

- Keeping your mouth clean and following your post-operative instructions can help support healing.
- Follow the oral-care instructions provided by our team.
- Maintain good oral hygiene as directed.
- Avoid disturbing the extraction area.

06 Sutures

- If sutures were placed, follow the specific instructions provided by your dental team.
- Do not pull, cut, or manipulate sutures unless specifically instructed by your provider.

07 Diet Guidelines

First 24 Hours: Choose soft foods and follow any specific dietary instructions provided by your dental team.

- Stay hydrated unless your provider has given you different instructions.
- Avoid very hot, hard, crunchy, or irritating foods near the extraction site.

After the First Day: Gradually return to your normal diet as comfortable and as directed.

08 Oral Hygiene

- Follow your dental team's instructions for brushing and rinsing.
- Keep the rest of your mouth clean while avoiding direct disturbance of the extraction site.
- Avoid vigorous rinsing immediately after treatment.
- Use any recommended rinse only as directed.

09 — IMPORTANT: WARNING SIGNS — CALL US

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us promptly for:

- Severe or worsening pain
- Persistent or heavy bleeding
- Significant or worsening swelling
- Fever or other concerning symptoms

Important Note

These instructions are general information and may not apply to every patient or procedure. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

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Questions after your extraction? Please give our dental team a call.