



LONE OAK DENTAL
102 22nd Avenue S, Brookings, SD 57006
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Care for After a Tooth is Removed

Pain Control:

Before the local anesthetic wears off, you should take pain medication to prevent the pain from worsening. The best over-the-counter pain control regimen is alternating 800 mg of ibuprofen(Advil) with 1000 mg of acetaminophen(Tylenol) every 4 hours. For instance, at noon take 800 mg of ibuprofen. Then, at 4:00 pm, take 1000 mg of acetaminophen. At 8:00 pm, take 800 mg of ibuprofen and repeat. Ibuprofen should not be taken if you are on blood thinners such as Coumadin or warfarin or if you are pregnant or have kidney problems. Acetaminophen should not be taken if you have liver problems. For children, follow dosing recommendations found on the container in which it was purchased. If a pain medication was prescribed, follow the directions on the bottle.

Bleeding:

For the first 30 minutes, the gauze should not be replaced and should be bit on firmly. After 30 minutes, the gauze can be replaced but pressure should again be applied by biting for 30 minutes. If bleeding continues, a new piece of gauze should be placed and bit into firmly for 15 minutes. Avoid any exercising or lifting for 24 hours after the tooth was removed. A small amount of bleeding is normal for up to 36 hours after the tooth was removed. Remember that when mixed with saliva, a small amount of blood can look much more than it is. If you have any concerns, please call the office or Dr. Jordan's cell phone.

Swelling/Bruising:

To prevent excessive swelling, start by placing an ice pack on the outside of your face for 15 minutes on and 15 minutes off for the first 24 hours. Swelling is normal for 3-5 days after your appointment, please call if the swelling is severe or rapidly getting worse.

Fever:

An elevated temperature of 99-101 degrees is normal after any surgery. Please call us if your temperature is above 101 degrees.

Good Things to do:

- Rest for the remainder of the day after your extraction. If you lie down, place a towel on your pillow to prevent blood from getting on your pillow. Keep your head elevated.
- Eat and drink, you need to keep yourself well nourished.
- Brush your teeth, tongue and the roof of your mouth. Keep your mouth clean to allow healing. Go slow, be gentle and use a soft toothbrush around stitches.
- 24 hours after your appointment, you can start using warm salt water rinses three times per day.

What not to do:

- Avoid smoking for as long as possible.
- Do not drink alcohol for 2 weeks.
- Do not participate in sports, hiking or yardwork for 24 hours or longer if instructed.
- Do not use a straw for 2 weeks after your appointment

Notify us if:

- Severe pain that is not controlled with pain medication
- You have trouble breathing or swallowing
- Bleeding that is increasing or continues after 36 hours
- Increased swelling after 3 days
- You are concerned

Please do not hesitate to call Dr. Jordan's cell phone at (612) 532-2094