



**ANTHONY M.  
POLIMENI, DMD, PC**

PERIODONTICS & DENTAL IMPLANT SURGERY

### **Home Care Instructions Following the Extraction of a Tooth**

#### **Bleeding-**

Bleeding may occur following the extraction and can persist for several hours to a couple of days.

It is important that you **DO NOT** rinse. Rinsing will wash away the blood clot that starts the healing process.

If you have been given gauze to take home with you bite down gently on the gauze for 20 minutes. Replace the gauze at the end of 20 minutes and replace with fresh gauze.

Continue to do this until the gauze is all used up.

If bleeding is heavy, please call the office or the emergency paging number on the office answering machine.

#### **Rinsing-**

Remember, **DO NOT** rinse with **ANYTHING** for the first 24 hours.

Once the first 24 hours has elapsed, rinse gently with the prescribed mouth wash. Rinse gently, not aggressively.

#### **Swelling-**

Swelling is common after tooth extraction and may reach it's peak in 2-3 days.

Remember, swelling does not mean infection.

The ice pack you have been given **MUST** be used and placed over the area for 20 minutes. Remove it for 20 minutes, place in the freezer and then replace for 20 minutes.

Do this for the first 24-48 hours.

#### **Medication-**

Please take any prescribed medications faithfully. These medications will reduce the risk of infection and speed up the healing process.

If any medication does not agree with you, please call us for an alternative medication.

#### **Diet-**

Eat soft, easy to chew foods for the first post operative week. Chew on the opposite side from which the tooth was removed. We suggest foods such as soup, scrambled eggs, pasta, oatmeal, etc.

Do not eat foods that very hot for the first 24 hours. Try to eat cool foods or foods at room temperature.

***Please feel free to call us if you have any questions.***

***Office Number (631)424-1234***

***Emergency Number (516)650-0598***