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Post-Operative Instructions Following Tooth Extraction

Healing following extractions is dependent upon proper post-operative care. It is very important to follow these post-operative instructions to facilitate optimal healing after extractions.

The day of the surgery:

1. Take all of the medicines as prescribed. (Do not take pills on an empty stomach)
2. Do not smoke for 48 hours following the extraction. (Smoking can severely compromise healing)
3. Unless directed by a physician do not take aspirin products.
(Aspirin increases bleeding. Use Tylenol or Ibuprofen instead)
4. Ice packs may be used for 20 min on and then 20 min off to limit swelling.
5. Eat soft foods and avoid chewing in the area of the extraction.
6. No sucking from a straw or excess spitting. (This can dislodge the clot from the extraction site.)
7. Do not disturb the extraction site- (no picking, poking or pulling)
8. No heavy activity/exercise for 48 hours following the extraction.
9. Some bleeding and oozing from the extraction site is expected for the next 24 hours. Apply pressure to surgical site with gauze for 20 minutes if profuse bleeding occurs. A moist tea bag may be placed over the extraction site to help stop bleeding. If bleeding does not stop call Dr. Baer. Place a towel on your pillowcase in the evening to avoid staining your pillowcase.