

After Your Extraction — Care Sheet

PROTECT THE CLOT, PROTECT THE HEALING — EAST SALEM DENTAL

(503) 555-0123

Problems? Call us first

1251 Lancaster Dr NE, Salem, OR 97301

FIRST 24 HOURS

- ✓ Bite on gauze 30–45 min. Swap it if soaked; a little oozing is normal.
- ✓ Ice outside the cheek: 15 min on, 15 min off.
- ✓ Soft, cool foods: yogurt, smoothies (spoon, no straw!), eggs, mashed potatoes.
- ✓ Pain: ibuprofen + acetaminophen together, before the numbness fades.
- ✓ Rest. No workouts, no heavy lifting today.

THE FORBIDDEN LIST — 72 HOURS

- ✗ **No straws.** Suction pulls the clot out.
- ✗ **No smoking or vaping.** The #1 cause of dry socket.
- ✗ No spitting, swishing hard, or poking the site.
- ✗ No alcohol, no carbonated drinks, no hot liquids day one.

DAYS 2–3

- ✓ Swelling peaks — that's normal. Switch ice to warm compresses after 48 hrs.
- ✓ Start **gentle** warm salt-water rinses (½ tsp salt / cup) after 24 hrs — let it fall out, don't spit.
- ✓ Brush other teeth normally; avoid the site itself.

DAYS 4–7 AND BEYOND

- ✓ Ease back to normal foods; chew on the other side.
- ✓ Dissolving stitches go on their own in 7–10 days.
- ✓ The hole fills gradually over weeks — food specks near it are normal; rinse, don't dig.

CALL US TODAY IF...

- ✓ Pain **improves then returns worse** on days 2–4, radiating to your ear — classic dry socket. We treat it same-day; relief is fast.
- ✓ Bleeding still soaking gauze after 24 hours.
- ✓ Fever, spreading swelling, or trouble swallowing → if severe, **ER/911**.
- ✓ Bad taste + throbbing that ibuprofen won't touch.

GOOD TO KNOW

Follow-up care for extractions we did is **free** — including dry-socket treatment. Ask about a **socket graft** at extraction time if an implant is in your future (\$400–600 now often saves \$2,000+ later).