



**SENIOR**  
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Namita K. Thapar-Dua, DDS  
Providing Mobile Dental Care  
Serving Maryland, DC & Virginia  
**301.875.7477**

## **POST-INSTRUCTIONS for EXTRACTIONS** **(single or multiple teeth)**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Tooth/Teeth #'s:** \_\_\_\_\_

**Ordered by:** \_\_\_\_\_ **(Dr. Thapar-Dua)**

### **Follow the instructions below:**

- The length of time you experience numbness varies between individuals and the type of anesthetic used. While you are numb, you must be careful **NOT** to bite your cheek, lip or tongue. The numbness should subside within a few hours.
- Gauze will be packed at the site of an extraction(s) prior to leaving by your dentist. This gauze pack will limit bleeding and confine the blood to clot. This gauze pack should be left in place for 20 minutes and then changed to fresh gauze pack. Extra gauze will be provided by Dr. Thapar-Dua and staff.
- You should avoid the following activities, that may interfere with the clotting process of an extraction wound:

**\*\*DO NOT smoke, rinse mouth or drink/sip through a straw for the next 24 hours.**

**\*\*DO NOT clean the teeth next to the healing tooth socket for the rest of the day, but brushing and flossing the other teeth is still recommended. Gently rinse your mouth afterward.**

**\*\*LIMIT strenuous activity for 24 hours after an extraction.**

**\*\*If suture(s) were placed, DO NOT play with the suture(s). Dr. Thapar-Dua and her staff will instruct you to when they will be removed.**



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- Dr. Thapar-Dua may prescribe medication to control pain and/or prevent infection. Use it only as directed. If the medication prescribed does not seem to work for you, **DO NOT** increase the dosage. If you have prolonged or severe pain, swelling, bleeding, or fever, call Dr. Thapar-Dua immediately at 301.509.8647.
- After a tooth is removed, you may have some discomfort and notice some swelling. You can reduce the swelling and pain by applying cold compresses to the face. An ice bag or cold, moist cloth can be used periodically. Usually 15 minutes on and 15 minutes off can help reduce symptoms.
- After the extraction(s), drink lots of liquids and eat soft, nutritious foods. Avoid alcohol beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably.
- The day after the extraction(s), gently rinse your mouth with warm salt water (half a teaspoon of salt in an 8 oz. glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site(s). Patient should rinse for 3-5 days. Avoid using a mouth rinse or mouthwash during this healing period.
- It is important to continue to floss your teeth and brush thoroughly at least twice a day using a toothpaste containing fluoride. The tongue should also be brushed. This will help eliminate bad breath and unpleasant taste that is common after an extraction(s). Always use a soft bristled brush so that you do not injure the tissues in your mouth. Again, following an extraction(s), avoid cleaning the teeth next to the healing socket.

**PLEASE NOTE: IF YOU BELIEVE THE PATIENT IS HAVING AN EMERGENCY, PLEASE CALL 911 or GO TO THE NEAREST HOSPITAL.**