



Patrick R. Ruehle DDS, PA

Cosmetic and Preventive Family Dentistry

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Post-op Instructions After tooth removal

- Do not disturb the surgical site with the tongue or fingers. Doing so could cause irritation, pain and bleeding.
- Refrain from drinking alcohol, fruit juices or carbonated beverages for 24 hours.
- Refrain from smoking or chewing tobacco for at least 3 days. Smoking is the number one cause of healing problems, including dry-socket, a very painful post-operative complication.
- Avoid all rinsing for 12 hours. After the initial 12 hours rinse gently with warm saltwater (one tsp salt in 8 oz of warm water). Do not neglect your normal oral hygiene during this healing period. A clean mouth heals faster and is more comfortable.
- When you leave the office you will have a pad of gauze over the surgical site. Keep firm pressure on this pad, by biting down on it, and change it every 30 minutes or so, until all bleeding stops. In some cases, slight oozing may persist for 1-2 days.
- If the bleeding is excessive, bite on a moist tea bag for 15-30 minutes. If the bleeding continues, call the office, or Dr. Ruehle's pager, for further instructions.
- To minimize swelling, place an ice over the outside of the surgical area. Alternate 20 minutes on and 20 minutes off, only during the first 24 hours. Holding ice water gently in your mouth may also make the area feel better.
- If you were prescribed antibiotics prior to the extraction, continue taking the prescription until they are all gone.
- If you were prescribed pain medications, begin taking them before the numbness wears off, and continue taking for 12 hours. After the first twelve hours, only use the pain medications if you need them.
- **Dr. Ruehle can be reached outside of normal office hours, through his pager: 940-565-6852**