



Prior to your Tooth Extraction

Make sure to have a driver to and from the surgery. Please let the driver know they must stay on the premises during treatment. Avoid eating 8 hours before if you are going under anesthesia. Pick up some soft foods from the store to help with your recovery.

Day of Appointment

Be sure to wear a short-sleeved shirt so we can monitor vitals. Avoid nail polish, gel polish, or acrylic nails on at least one nail on the right hand to monitor your oxygen during your extraction. Local anesthesia medications are provided to avoid any discomfort during your procedure. Once anesthetized, the oral surgeon will perform the extraction.

Prescription

Take any medications as prescribed by your oral surgeon. Patients may take anti-inflammatory drugs such as ibuprofen to reduce pain after your extraction.

Food and Drinks

We recommend eating soft foods for the next few days following your tooth extraction. Avoid drinking hot liquids for the next 24 hours. While healing, avoid using straws, and if possible, avoid chewing close to the extraction areas. Remember that maintaining your nutrition is vital for the proper healing of your extractions.

- Suggested foods: Yogurt (soft and frozen with no seeds), mashed potatoes, popsicle, Jell-O, fruits (banana, papaya, canned peaches or pears), applesauce, ice cream, milkshakes, juices, fresh cooked veggies, pasta, chicken, or fish. Please do not use straws to consume food and beverages.

Pain, Swelling, and Bleeding

Swelling and pain are normal after your surgery. We will provide you with an ice pack to take home, but we recommend an extra one waiting for you in your freezer. Please make sure to ice the area for the first 24 hours and switch to warm compresses such as heating pads or even warm water in a bottle. Extra gauze will be available in your bag to use for the next 24 hours. Once the gauze is light pink, you may take out the gauze. If bleeding persists, try wrapping a wet tea bag in a gauze piece and biting down for 20 minutes.

Healing

On average, swelling and pain should improve by the third or fourth day following your tooth extraction surgery. You can resume daily activities, usually within 2-4 days. Avoid heavy lifting or high exertion activities for at least 5-7 days.

Tooth extractions are common procedures! The team at Sierra Oral and Facial Surgery are knowledgeable and has years of experience to make this process as easy as possible for our patients. Any questions or concerns about your tooth extraction, please feel free to call us at (775) 284-2500.