After Your Tooth Extraction

We're here to help you heal comfortably. Follow this timeline and any personal instructions we gave you for sedation, a bone graft, or sinus care.

First hour • Control bleeding

Gauze: Bite firmly for 30 minutes without lifting to check. If fresh bleeding continues, repeat with clean, slightly damp gauze for another 30 minutes.

Light oozing or pink saliva is normal. Remove gauze before eating, drinking, or sleeping.

Rest of today • Protect the healing area

Protect the clot: No rinsing or touching the socket for 24 hours. Avoid straws, forceful spitting, smoking, and vaping for at least 3 days; staying smoke-free longer helps healing.

Rest: Keep your head elevated. Avoid heavy exercise for 48 hours. Use a towel-wrapped cold pack: 20 minutes on, 20 minutes off.

Eat gently: Wait until numbness wears off before chewing. Avoid hot drinks while numb. Choose soft, cool or lukewarm foods; chew on the other side and drink water.

Clean gently: Brush other teeth, avoiding the extraction site.

Medicines: Follow your pain-relief plan and labels; do not exceed doses or double up on ingredients. Do not stop prescribed aspirin or blood thinners on your own.

Avoid alcohol for 48 hours, and longer if your medicine label says to avoid it. Do not drive while taking medicine that makes you drowsy.

Days 2–3 • Keep the area clean

After 24 hours: Gently rinse after meals with ½ teaspoon salt in 8 ounces of warm water. Let it drain out; do not spit forcefully.

Continue soft foods and gentle brushing. Soreness and bruising can occur; swelling often peaks on days 2–3, then improves.

Days 4–7 and beyond • Ease back into your routine

Gradually resume foods and activities as comfortable. Avoid chips, nuts, and seeds while healing. After 72 hours, a warm, damp compress can ease jaw stiffness.

Keep cleaning gently and attend your healing check. Do not pull stitches or use a rinsing syringe unless instructed.

Mild soreness, bruising, and pink saliva usually settle with home care.

If You Need Additional Care

Call our office at (281) 852-2230 for uncontrolled, heavy bleeding that continues after one hour of firm gauze pressure—not light oozing or pink saliva. Also call for severe pain despite taking medication as directed, or fever with worsening facial swelling. If the office is closed and care cannot wait, seek urgent dental care.

For emergencies: Go to the ER for uncontrolled heavy bleeding or swelling spreading toward the eye or neck. Call 911 for difficulty breathing or swallowing.