

UNION SQUARE DENTAL GROUP  
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SAN FRANCISCO, CA 94102

**DR. JONATHAN WENG, D.D.S., M.S**  
**PRACTICE LIMITED TO PERIODONTICS AND DENTAL IMPLANTS**

**POST-OPERATIVE INSTRUCTIONS AFTER EXTRACTIONS**

After your tooth/teeth have been extracted, how quickly you heal depends on how difficult the extraction was (a fully erupted tooth versus an impacted tooth). Generally, here is what to expect:

**The First 24 Hours:**

**Bleeding:** This may occur for several hours after your teeth are removed. To control it, place a piece of clean moist gauze or moistened tea bag over the empty tooth socket and bite down firmly. This needs to be done 45 minutes. The tannic acid in tea helps blood clots (similar to a scab on an open wound) to form.

You should avoid rinsing, spitting, or sucking actions for 72 hours after your teeth are removed. For example, don't drink beverages through straws or smoke, and avoid hot liquids (such as soup or tea). These activities can cause the clot to dislodge, which will cause dry socket.

**Facial Swelling:** This can occur where the tooth was extracted. You can apply a cold compress to ease the swelling and pain. Place the compress or ice (in a wrapped cloth) on the area of your face that is swollen for 20 minutes on, followed by 20 minutes off. Repeat as necessary for the first 24-hour period.

**Pain Medications:** Acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) can be taken to manage your pain. Take 600mg Ibuprofen every 6 hours and supplement with 500mg acetaminophen as needed. We may prescribe more potent pain relievers, such as narcotics, if necessary.

**Antibiotics:** May be prescribed prior to removing your teeth (to treat any infection around the tooth) should continue to be taken until you are finished the full prescription.

**Food:** Avoid hot liquids and alcoholic beverages for at least 24 hours. When the extraction is more difficult, you will need to consume a soft or liquid diet for at least 24 hours after we have removed your teeth. Following your procedure, you should drink a minimum of six glasses of liquid (water or juice) during the first 24-hour period to replenish blood loss.

**Brushing your Teeth:** You need to continue to brush your teeth but avoid the teeth adjacent to the extracted tooth during the first 72 hours. On day four, you can resume the gentle brushing of your teeth. However, do not use commercial mouth rinses because these can irritate the area of extraction.

Should you have any questions, please call our office, **(415) 399-1966** or email us at [info@unionsquaredentalgroup.com](mailto:info@unionsquaredentalgroup.com). For emergency after office hours or weekend, you can reach Dr. Weng at **323-364-3010** or [jonathanwengdds@gmail.com](mailto:jonathanwengdds@gmail.com)

**After 24 Hours:**

**Facial Swelling:** Facial Swelling in the area of your tooth extraction can be managed with heat after the first 24 hours of cold compress. Use a moist warm towel and apply it to the area on 20 minutes on, 20 minutes off schedule. Repeat as necessary.

**Rinse Your Mouth with Warm Saltwater:** Use ½ teaspoon of salt in a cup of warm water before bed and after meals. Do not use commercial mouth rinses.

**Complete Healing:** Will not occur for a few weeks to a few months following the removal of your teeth. Usually the first week or two, you will feel reasonably comfortable.

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