

## DOV GLAZER, D.D.S.

3525 PRYTANIA STREET, SUITE 312 • NEW ORLEANS, LOUISIANA 70115 • (504) 895-1137

### *Care of Mouth after Tooth Removal*

Immediately following a tooth removal, keep pressure on the **moist** gauze until the bleeding stops completely. Twenty to thirty minutes is usually sufficient, but repeat if necessary.

Avoid substances that impede the healing process. Cigarette smoke, alcohol, mouthwash, and hot spices may prevent the blood clot from forming. So eat foods that are good for you. Cool and sweet is best. Ice cream, milk shakes and liquid nutrients promote comfort and expedite the healing process.

For the first 24 hours, take it easy. Reduce strenuous activity and drink plenty of cold fluids. Expect healing to occur quickly and effectively.

After tooth removal, some minor swelling, soreness or discomfort may be experienced. Placing an ice pack, on and off for the first 6 hours, and taking recommended medication usually provides the necessary relief.

If you have any questions, concerns or problems contact Dr. Glazer. The office phone number is (504) 895-1137; Dr. Glazer's cell phone number is (504) 319-9517. Please feel free to call anytime.