Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Tooth extractions, wisdom teeth and oral biopsy

Covers: Simple and surgical extractions, wisdom tooth removal, and oral biopsies.

Before your visit

- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- You may eat a light meal before your appointment, including if you are having sedation.
- Wear comfortable clothes and plan to rest for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Bleeding

- Bite firmly on the gauze for 30 to 45 minutes. Replace it with fresh, damp gauze if bleeding continues.
- Pink saliva or light oozing for 24 to 48 hours is normal.
- If bleeding is heavier, bite on damp gauze or a damp black tea bag for 30 minutes, and sit with your head raised.

Protect the blood clot

- Do not spit forcefully, use a straw, smoke or vape for at least the first 24 hours, or longer if your dentist advises. These can dislodge the blood clot.
- Do not rinse vigorously the first day.

Swelling and comfort

- Swelling often peaks on day two or three. Use a cold pack on your cheek, 20 minutes on and 20 minutes off, during the first 24 to 48 hours.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Do not drive or drink alcohol while taking prescription pain medicine.

Eating and drinking

- Drink plenty of fluids. Eat soft, cool foods such as yogurt, smoothies (with a spoon), eggs and mashed potatoes.
- Avoid hot, spicy, crunchy or seedy foods and alcohol for the first few days, and chew away from the area.

Cleaning your mouth

- Starting the next day, rinse gently with warm salt water after meals.
- Brush your other teeth gently. Be careful near the extraction site.

- If you were given an irrigation syringe, use it only as instructed.

What's normal

- Mild bruising, jaw stiffness and, after wisdom teeth, a sore throat or earache for a few days.
- Feeling small, hard edges in the socket as the bone heals.

Oral biopsy

- Leave the area alone the day of surgery. Starting the next day, brush gently and keep the rest of your mouth clean.
- Ask at your visit how your results will be shared, and keep any follow-up visit.

When to call us

Call us at (972) 290-0903 if you have:

- Throbbing pain that gets worse two to four days after the extraction, often with a bad taste or odor, or pain that spreads to your ear (this can be a dry socket)
- Bleeding that does not slow after an hour of firm pressure
- Swelling that keeps getting worse after the third day, fever or pus
- Numbness that has not gone away by the next day

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.