



POST-EXTRACTION INSTRUCTIONS

- 1. DO NOT RINSE MOUTH TODAY.** 24 hours **after** the extraction rinse mouth gently every 3 to 4 hours (especially after meals) using warm salt water (1-2 teaspoon of salt to a glass of warm water). Continue rinses for several days. Should you have food particles stick in the extraction sites, you might want to rinse with diluted hydrogen peroxide with water.
- 2. BLEEDING.** Following extractions some bleeding is to be expected. It is normal for the saliva to be slightly streaked with blood or tea stained for 1 to 2 days. If persistent bleeding occurs, place moist gauze pads over bleeding area and bite down firmly for one-half hour. Repeat if necessary. If bleeding still persists, contact the dentist on call.
- 3. SWELLING.** Some swelling is normal and should not cause alarm. An ice bag or chopped ice wrapped in a towel should be applied to operate area, one-half hour on and one-half hour off for 4 to 5 hours.
- 4. PAIN.** For mild to average pain use any non-aspirin type of medication you like. Non-steroid anti-inflammatory like Ibuprofen are recommended.
- 5. FOOD/DIET.** A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Avoid drinking with straws for the first few days as this can result in bleeding and delayed healing. The sucking action creates a negative pressure which will cause bleeding.
- 6. BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for their simple removal.
- 7. SMOKING.** If you smoke it is advised that you not smoke for the first 36 hours. Smoking will delay healing and can cause a very uncomfortable condition known as “dry socket”.
8. The proper care following oral surgical procedures will hasten recovery and prevent complications.
9. Other instructions:

If any questions or complications arise, do not hesitate to call the office or page the Doctor on call.

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