



Care of Mouth After Extractions

DO NOT RINSE MOUTH TODAY. Tomorrow, rinse mouth gently every 3 or 4 hours, especially after meals. Add one quarter of teaspoon of salt to a glass of warm water. Continue to rinse for the next several days.

BLEEDING: Following the extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hour. If necessary, use wet tea bag (NOT decaf) and place on area to stop bleeding.

SWELLING: Ice bag or chopped ice in wrapped in a towel should be applied to operated area for one-half on and one-half hour off for 4-6 hours as needed.

PAIN OR DISCOMFORT: Take Acetaminophen (Tylenol) or Ibuprofen (Motrin/Advil) if needed. You can take up to 800 mg of ibuprofen every 8 hours as needed for pain. NO ASPIRIN as it can prolong bleeding.

FOOD: Light diet is advisable during the first 24 hours.

BONY EDGES. Small sharp bone fragments may work up through the gums during healing and these are not roots. If they are annoying or cause discomfort, please return to the office for their simple removal.

If any unusual symptoms occur, call our office at once

The proper care following oral surgery procedures will hasten recovery and prevent complications.

NO SPITTING, SWISHING, OR DRINKING THROUGH A STRAW FOR 24 HOURS

******NO SMOKING******