

Post-op Instructions - Extractions

Continue to bite firmly on gauze for 30 minutes. If bleeding persists, replace with some fresh gauze and bite firmly for another 30 minutes. If bleeding continues after this time, bite firmly on a "tea" bag for 30 minutes, as this should make the bleeding stop. If you are still having heavy bleeding, please contact our office.

Remember, a small amount of blood mixed with saliva look like a lot of blood

Please follow these important instructions:

- Do not:**
1. Rinse your mouth for the remainder of the day.
 2. Smoke
 3. Drink through a straw or from a bottle
 4. Spit out

Doing any of these activities may disturb the newly formed clot, causing re-bleeding, slow healing, and/or bone pain often called a "dry socket."

Starting tomorrow, rinse with warm salt water (1 teaspoon of salt mixed with 8oz. of warm water) 3 to 4 times a day for one week.

For many procedures just a mild pain medication such as Tylenol, Advil, or Aleve is effective. If any prescriptions should be given, please make sure to get the filled, and take them as directed. If swelling should occur, you may use an ice pack on the affected area of the face 20 minutes on & 20 minutes off, **the day of the procedure only!!!**

You may eat and drink anything you like or can tolerate, although avoid anything too hot, cold, or spicy for 24 hours.

If you should have any questions or problems, please don't hesitate to contact our office at any time.