EXTRACTION POST-OPERATIVE CARE INSTRUCTIONS

It is important to take care of your surgery site.
Please follow these instructions.

1. Bite on moistened gauze for 30 minutes to stop any bleeding. If bleeding continues, place another moistened gauze and continue to apply pressure. Dry gauze should be avoided because it will stick to and dislodge the blood clot from the extraction socket.

2. Do not rinse today. Tomorrow morning, start rinsing gently with warm salt water (1/4 teaspoon of salt to 1 cup of water) every four (4) hours for two (2) days.

3. Swelling. An ice bag or a cold moist cloth should periodically be applied on the face over the surgical area. Your dentist may give specific instructions on how long and how often to use a cold compress.

4. For at least 24 hours, do not:
• Smoke
• Drink through a straw
• Drink alcohol, carbonated beverages or hot liquids
• Blow your nose
• Spit excessively
• Perform strenuous activities
Any of these things may cause the blood clot to dislodge from the extraction socket, causing a "dry socket" and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible).

5. Maintain a soft diet for the remainder of the day. Eat things like warm soup, ice cream, milk shakes (remember NO straws), etc.

6. If your pain, discomfort or bleeding continues or worsens, call the office for a re-examination.

7. If you were given medications, take them according to the instructions. If you have non-aspirin over-the-counter pain medications at home, you may take them according to the instructions.

8. Cover your pillow. We recommend placing a towel over your pillow the first night to avoid any blood stains that may released from the extraction socket.

9. Bony edges. Small sharp bone fragments may work up through the gums during healing. These are not roots; if uncomfortable, return to this office for their simple removal.