

## POST-EXTRACTION INSTRUCTIONS

- 1) **DO NOT RINSE** your mouth vigorously for the first twenty-four hours.
- 2) **BLEEDING:** Some bleeding is to be expected. For the first day place a moist sterile gauze pad over the extraction site and bite on it firmly. For the first twenty-four hours switch the gauze every hour taking it out only when eating or sleeping. You can stop placing gauze pads once the bleeding stops.
- 3) **SWELLING:** To minimize swelling, as soon as possible after the extraction, place a cold compress on the effected side of the face. Hold the cold compress on the effected area for fifteen-minute intervals with a ten-minute break for up to two hours as needed.
- 4) **PRESCRIPTIONS:** If pain medication has been prescribed it is best to take the first dose before the anesthesia wears off, or take an anti-inflammatory such as, Ibuprofen, Motrin or Advil. If antibiotics have been prescribed finish the entire prescription even if the area feels better.
- 5) **FOOD:** A soft diet is advisable for the first twenty-four hours also:
  - AVOID** drinking through a **STRAW**
  - AVOID** alcoholic beverages
  - AVOID** hot liquids
- 6) **SMOKING:** If you smoke avoid it for the first forty-eight hours. Smoking slows the healing process and may cause a **DRY SOCKET**. A dry socket is a very painful condition. If you are experiencing a lot of pain, after three days, please call the office.
- 7) **DAY AFTER:** Start warm salt rinses the next day. . Mix ½ teaspoon salt in 8 ounces of warm water. Gently gargle and spit out the warm salt water. Repeat three times per day for the next three days.
- 8) **SUTURES:** Most of the sutures or stitches we place are dissolvable and will not need to be removed. If you were told that your sutures would need to be removed we usually do so after one week.

**IF YOU HAVE ANY QUESTIONS OR UNUSUAL SYMPTOMS CALL THE OFFICE 303-460-8700**