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POST OP INSTRUCTIONS FOR EXTRACTIONS

1. Bite on gauze for 30 minutes. If bleeding persists, you may have to change the gauze pad a couple of times.
2. Keep fingers and tongue away from the operated area.
3. Do not rinse your mouth for 24 hours. Starting tomorrow, GENTLY rinse with a solution of 1 teaspoon of salt in a glass of warm water, several times/day. Continue the rinses for a few days
4. Resume your regular dental routine within 24 hours. This will assist in the healing process by keeping everything clean.
5. Avoid rinsing vigorously, sucking on straws, smoking, drinking alcohol or brushing teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and slow the healing process.
6. Limit vigorous exercise for the next 24 hours.
7. Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, any soft food is permissible.
8. Bleeding - It is normal for the saliva to be streaked with blood for a day. If continuous bleeding is present, fold sterile gauze and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. The tannic acid in the tea bag has a clotting effect.
9. Swelling and Discomfort - It is to be expected in certain areas, usually reaching its maximum, two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice pads (or frozen veg. bag) may be applied for the first 4-6 hours only, alternating for 20 minutes on, 20 minutes off.
10. Sutures (stitches) - If required, are removed without discomfort in about 5 days. An appointment will be made for you.
11. Any questions or concerns, please do not hesitate to contact the office.

If discomfort continues, please contact the office.