

CARE INSTRUCTIONS

after an extraction

DO NOT RINSE MOUTH TODAY

Starting tomorrow, rinse your mouth gently every 3-4 hours (especially after meals) using a 1/4 teaspoon of salt dissolved in a glass of warm water. Continue this process for several days.

BLEEDING

Following an extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the area and bite down firmly for 2 hours. **DO NOT** repeatedly replace gauze, or the bleeding may increase.

SWELLING

An ice pack or ice wrapped in a towel should be applied to any swelling, 30 minutes on and 30 minutes off, for 4-5 hours. Sit in an upright position until the swelling subsides.

PAIN

Use an over-the-counter pain reliever, such as *Advil* or *Tylenol*, for mild to moderate pain.

FOOD

A soft diet is advisable during the first 24 hours. Eat on the opposite side of your mouth.

BONY EDGES

Small, sharp bone fragments may work up through the gums during healing. Should this occur, return to the office as soon as possible.

SMOKING AND SUCKING

No smoking, drinking from a straw, or other types of sucking activity is advised for 7 days. This is necessary to prevent the blood clot from being dislodged, and to prevent **DRY SOCKET**. A dry socket will cause intense, throbbing pain that will require another visit to clean the socket and pack it with medicated materials. This may result in additional charges.

If you have any questions, please feel free to call us at (204) 253 - 6140.